

Free To Be

拍數: 32 牆數: 4 級數: High Improver
編舞者: Alison Green (UK) - February 2020
音樂: Free to Be - Callaghan



#16 COUNT TAG AND ONE RESTART

(1-8) RIGHT SIDE SHUFFLE LEFT ROCK BACK LEFT SIDE SHUFFLE RIGHT, ROCK BACK

1&2 Step right to right side, Close left foot beside right, step right to right side
3-4 Step left foot diagonal back rock Recover weight onto right foot
5&6 Step left to left side, close right beside left, step left to left side
7-8 Step right foot diagonal back, Recover weight onto left foot

*****RESTART WALL NINE FACING 12 O'CLOCK*****

(9-16) SHUFFLE FULL TURN LEFT TRAVELLING FORWARD SYNCOPATED ROCKS FORWARD RIGHT & LEFT

9&10 Step right foot forward making ¼ turn left, close left beside right making ¼ turn Step right foot back (facing 6 o'clock wall)
11&12 Step left foot ¼ turn left close right beside left, making ¼ turn Step left foot forward (facing 12 o'clock)

*NON TURNING OPTION SHUFFLE FORWARD RIGHT LEFT

13-14 Rock forward on right foot, Rock back on left foot
& 15-16 Step right foot beside left. Rock left foot forward, Rock back on right foot

[17-24] SHUFFLE FULL TURN LEFT TRAVEELING BACKWARDS LEFT SAILOR STEP RIGHT ¼ TURNSAILOR STEP

17&18 Step left foot ¼ turn left, close right foot beside left, making ¼ step left foot forward (facing 6 o'clock)
19&20 Step right foot ¼ turn left, close left foot beside right, making ¼ turn step right foot forward (facing 12 o'clock)

*NON TURNING OPTION SHUFFLE BACK LEFT SHUFFLE BACK RIGHT

21&22 Step left foot behind right foot, step right to right side step left foot to left side
23& 24 Step right foot behind left making ¼ turn right step left foot to left side step right foot forward (facing 3 o'clock)

[25-32] STEP PIVOT TURN RIGHT TRIPLE HALF TURN, ROCK BACK RIGHT KICK BALL CHANGE

25-26 Step left foot forward making half turn over right shoulder (keeping weight on right foot)
27&28 Step left foot forward making ¼ turn right, Step right foot beside left Step left ¼ turn (facing 3 o'clock)

*Non turning option Rock forward on left foot recover weight on right foot. Left shuffle back

29-30 Step right foot back rock recover weight onto left foot
31&32 Kick right foot forward, step down on ball of right foot, Step left foot in place

TAG AT THE END OF WALL 4 FACING 12 O'CLOCK THERE IS A 16 COUNT TAG

1&2 Side Shuffle To The Right
3-4 Rock Back On Left Foot Right Recover
5&6 Side Shuffle To Left
7-8 Rock Back On Right Left Recover

9&10 Right Shuffle Forward
11&12 Left Shuffle Forward
13&14 Right Shuffle Back
15&16 Right Shuffle Back

Restart The Dance Facing 12 O'clock

ENJOY AND KEEP SMILING!
