

Freedom

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 3 級數: Intermediate
編舞者: Hiroko Carlsson (AUS) - June 2020
音樂: Freedom - Kygo & Zak Abel : (iTunes)



(16 counts intro)

[S1] Paddle Turn, Cross Kick-Out-Out, 2x Sailor Step

1 2 Step forward on R, Make a 1/4 turn left recover weight on L (9:00)
3&4 Kick diagonally R across L, Step R to the side, Step L to the side
5&6 Step R behind L, Step L to the side, Step R to the side
7&8 Step L behind R, Step R to the side, Step L to the side

[S2] Behind Rock, 1/2L Hinge Turn, Cross Rock, Side Shuffle

1 2 Rock R behind L, Recover weight on L
3&4 Make a 1/4 turn left stepping back on R, Make a 1/4 turn left stepping L to the side (3:00)
5 6 Rock R across L, Recover weight on L
7&8 Side shuffle to the right R-L-R

[S3] Cross Rock, 1/4L Shuffle Fwd, Fwd Rock, Coaster Step

1 2 Rock L across R, Recover weight on R
3&4 Make a 1/4 turn left shuffle forward L-R-L (12:00)
5 6 Rock forward on R, Recover weight on L
7&8 Step back on R, Step L next to R, Step forward on R

[S4] Step-Pivot, Shuffle Fwd, V Step w/Heel Bounce

1 2 Step forward on L, Make a 1/2 turn right recover weight on R (6:00)
3&4 Shuffle forward L-R-L
5 6 V step – Step out on R, Step out on L
&7&8 Step R back to the centre (&), Step L next to R (7), Bounce your heels up and down on the spot **(&8)

[S5] Twist Left-Recover-Fan Out- Heel Bounce, Twist Right-Recover-Fan Out-Heel Bounce

1 2 Twist your heels and body to the left (3:00), Recover/twist back to the centre (6:00)
&3 Turn out both heels, Recover both heels in
&4 Bounce your heels up and down on the spot (&4)
5 6 Twist your heels and body to the right (9:00), Recover/twist back to the centre (6:00)
&7 Turn out both heels, Recover both heels in
&8 Bounce your heels up and down on the spot (&8)

[S6] Fwd Rock, 1/2R Shuffle Fwd, Fwd Rock, 1/2L-1/2L-

1 2 Rock forward on R, Recover weight on L
3&4 Make a 1/2 turn right shuffle forward R-L-R (12:00)
5 6 Rock forward on L, Recover weight on R
7 8 Make a 1/2 turn left stepping forward on L, Make a 1/2 turn left stepping back on R (keep turning to go to 9:00 o'clock)

[S7] 1/4L Side Shuffle, Cross, Back, Side Shuffle, Cross, Back

1&2 Make a 1/4 turn left side shuffle to the left L-R-L (9:00)
3 4 Cross R over L, Step back on L
5&6 Side shuffle to the right R-L-R
7 8 Cross L over R, Step back on R

[S8] Side, Fwd, Step-Pivot, Side Rock 1/4R-Cha-Cha, Side Rock 1/4R-Together

- 1 2 Step L to the side, Step forward on R
3 4 Step forward on L, Make a 1/2 turn right recover weight on R (3:00)
5& Make a 1/4 turn right on ball of right foot/rock L to the side, Recover weight on R
6& Step L next to R, Step R in place (6:00)
7&8 Make a 1/4 turn right on ball of right foot/rock L to the side, Recover weight on R, Step L together (9:00)

Use your hips to add personality on count 5-8 (optional)

Restart on Wall 3 count 32 (12:00)**

Ending: The last wall starts 6:00 o'clock

Dance up to S6 count 5 6 then,

- 5 6 Rock forward on L, Recover weight on R
7&8 Make a 1/2 turn left shuffle to the front. L-R-L (12:00)

**Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(updated: 24/June/20)**
