

Free Woman

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Header Kim (KOR) - March 2021
音樂: Free Woman - Lady Gaga



*1 restart (3rd wall 32count 1 bridge after)

Note: 3rd wall last 4count bridge after restart on 4wall

Sec 1. Weave step R-L

1-2 Step cross LF over RF to R, step RF to R side
3-4 Step LF behind RF to R, step RF to R side point
5-6 Step cross RF over LF to L, step LF to L side
7-8 Step RF behind LF to L, step LF to L side point

Sec 2. Toes diagonal forward, back x 2, LF forward, RF hitch with clap, coaster

1,2,3,4 Touch LF toes diagonal forward, touch LF toes diagonal back, diagonal forward, diagonal back
5-6 Step LF forward, RF hitch with clap (arms up)
7&8 Step RF back, LF next to RF, step RF forward

Sec 3. LF pivot 1/2 turn to R, Step-Lock-Step, Monterey 1/4 turn to R

1-2 Step LF forward, pivot 1/2 turn to R (6:00)
3&4 Step LF forward, lock RF behind LF, step LF forward
5-6 Step RF touch to R, RF close to LF 1/4 turn to R
7-8 Step LF touch to L, LF close to RF

Sec 4. RF push & recover, coaster, LF push & recover, coaster

1-2 Step RF push forward, recover weight LF
3&4 Step RF back, LF next to RF, step RF forward
5-6 Step LF push forward, recover weight RF
7&8 Step LF back, RF next to LF, step LF forward

Note: 4counts bridge on 3wall, section 4 last 4counts change jazz box

5, 6, 7, 8 1/4 turn to L, restart on 4wall

Sec 5. Side rock recover, behind, side, cross R-L

1-2 Step RF side rock to R, recover weight LF
3&4 RF behind LF to L, step LF to L side, cross RF over LF to L
5-6 Step LF side rock to L, recover weight RF
7&8 LF behind RF to R, step RF to R side, cross LF over RF to R (9:00)

Sec 6. RF pivot 1/2 turn to L, Triple full turn to L, boogie walks L-R, Shorty boogie walks L-R-L

1-2 Step RF forward, pivot 1/2 turn to L
3&4 Make 1/2 turn RF step back to L, 1/2 turn LF step forward to L, Step RF forward (3:00)
5-6 Step LF big boogie walk to L, step RF big boogie walk to R (Bending the knees)
7&8 Step small boogie walk to LF, RF, LF (3:00)

Sec 7. Dorothy R-L, push back, walk L-R

1,2& Step RF slight diagonal forward to R, lock LF behind RF, step RF slight diagonal forward
3,4& Step LF slight diagonal forward to L, lock RF behind LF, step LF slight diagonal forward
5-6 Drag back push RF with LF heel back drag for 2counts
7-8 Step walk forward LF, RF

Sec 8. LF forward body roll, recover, LF next to RF, RF cross to L, LF 1/4 turn back to R, Chasse to R

- 1-2 Step LF forward body roll with arm up (LH)
- 3-4 Recover body weight on RF with arm down, step back LF next to RF
- 5-6 Cross RF over LF to L, step LF back 1/4 turn to R
- 7&8 Step RF to R side, LF next to RF, step RF to R side (6:00)

Hope you enjoy and feel the rhythm of this dance with music!

Contact: Header Kim (71haederkim@gmail.com)
