

Feels Like Freedom

COPPERKNOB
STEPSHEETS

拍數: 72 牆數: 2 級數: Phrased Easy Intermediate
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音樂: FREEDOM - Jon Batiste



Intro: 16 counts

Sequence: A, A, A, A, B, A, A

A section: 48 counts

Sec A1: TRIPLE ROCK STEP TO THE RIGHT, REPEAT TO THE LEFT

1&2 Triple to the right (right-left-right)
3-4 Rock back on left, rock forward on right
5&6 Triple to the left (left-right-left)
7-8 Rock back on right, rock forward on left

Sec A2: STOMP, HOLD, SCISSOR STEP, STOMP, HOLD, SAILOR STEP

1-2- Stomp forward on right, hold.
3&4- Step left to left, step right next to left, cross left over right.
1-2- Stomp right to right, hold.
3&4- Cross left behind right, step right to right, step left in place.

Sec A3: 1/4 RIGHT PADDLE TURNS, JAZZ BOX CROSS IN PLACE

1-2- Step right forward making 1/4 turn to left.
3-4- Step right forward making 1/4 turn to left.
1-2- Cross right over left, step back with left.
3-4- Step right to right side, cross left over right.

Sec A4: DIAGONAL STEP, SLIDE, STEP, TOUCH

1-3- Step right foot forward to right diagonal, slide left foot together, step right foot forward to right diagonal.
4 - Touch left beside right, clap hands
5-7- Step left foot forward to left diagonal, slide right foot together, step left foot forward to left diagonal.
8- Touch right beside left, clap hands

Styling: swing arms in direction of diagonal steps

Sec A5: CHASE TURNS, MAMBO FWD, MAMBO BACK

1-4- Step forward on right, 1/2 turn to the left, step forward on right and hold,
5-8- Step forward on left, 1/2 turn to right step forward on left and hold.
1-4- Rock forward right, recover left, step back on right and hold.
5-8- Rock back left, recover right, step forward left and hold.

B: 24 counts

Occurs only once after 4th wall facing 12 o'clock ... music slows down at this point and picks up slowly again.

Sec B1: Side, recover and cross hold 4xs.

Slowly:

1-4 - Rock R to right side, recover to L and cross R over L and hold
5-8- Rock L to left side, recover to R and cross L over R and hold
1-4- Rock R to right side, recover to L and cross R over L and hold
5-8 - Rock L to left side, recover to R and cross L over R and hold

Sec B2: HIP BUMPS

1-2- 2 hips bumps R,
3-4 -2 hip bumps L,
5-6 -2 hips bumps R,
7-8 -2 hip bumps L

START MAIN DANCE AGAIN!
