

Just Be Free

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Scott Schrank (USA) - October 2021
音樂: I'm Free - Jon Secada : (iTunes-Single)



Phrasing: 32 Count (No Tags or Restarts)
Intro: 64 Counts (38 seconds in on the word "Free")

(My first dance since Covid. I thought the song was so appropriate for now.
Let's all get back to the thing we love...dancing together!!)

[1-8] RIGHT DORTHY, LEFT DOROTHY WITH 1/4 RIGHT, STEP, PIVOT 1/2, 1/4 TURN RIGHT

1-2& Step RF diagonally right (1), Step ball of LF behind RF (2), Step RF slightly R (&)
3-4& Step LF diagonally left (3), Step ball of RF behind LF (4), 1/4 turn right stepping LF next to RF (&)
5-6 Step RF forward (5), Step LF forward (6) (3:00)
7-8 Pivot 1/2 turn right on balls of feet (7), Make 1/4 turn right on ball of RF stepping LF left (8) (12:00)

[9-16] BEHIND-SIDE-CROSS, RECOVER-SIDE CROSS & CROSS, 1/4 TURN, CHASE 1/2 TURN

1&2 Step RF behind LF (1), Step LF left (&), Cross rock RF over LF (2)
3&4 Recover weight to LF (3), Step RF next to LF (&), Cross step LF over RF (4)
&5-6 Step ball of RF slightly right (&), Step LF over RF (5), Make 1/4 turn right stepping RF slightly forward (6) (3:00)
7&8 Step LF forward (7), Pivot 1/2 turn right on balls of feet (&), Step LF forward (8) (9:00)

[17-24] MAMBO STEP, ROCK BACK, RECOVER, STEP-LOCK-STEP, STEP, 1/4 PIVOT

1&2 Step RF slightly forward (1), Step LF in place (&), Bring RF next to LF (2)
3-4 Rock LF back (3), Recover weight to RF (4)
5&6 Step LF forward (5), Lock RF behind LF (&), Step LF forward (6)
7-8 Step RF forward (7), Pivot 1/4 turn left on balls of feet (8) (6:00)

[25-32] BEHIND-SIDE-CROSS, SIDE STEP, TOGETHER, SIDE-ROCK-CROSS, 1/4 TURN, 1/2 TURN

1&2 Step RF behind LF (1), Step LF side left (&), Cross step RF over LF (2)
3-4 Step LF side left (3), Close RF next to LF (4), (Weight the RF)
5&6 Rock LF left (5), Step RF in place (&), Cross step LF over RF (6)
7-8 Make 1/4 turn left on ball of LF stepping back on ball of RF (7), make 1/2 turn left on ball of RF stepping forward on LF (8) (9:00)

Start the dance again.
