

# Free Spirit

拍數: 40      牆數: 4      級數: Intermediate  
編舞者: Christine Widler (AUT) & Silvia Pfister (AUT) - October 2021  
音樂: Riding Free (Spirit: Riding Free) - Maisy Stella



**Intro: After 16 counts of the heavy beat (2+2 walls)**

**shuffle diagonally fwd r+l, cross, side, sailor step**

1&2      Step diagonally forward on right, Step left next to right, Step diagonally forward on right  
3&4      Step diagonally forward on left, Step right next to left, Step diagonally forward on left  
5-6      Cross right over left, Step left to left side  
7&8      Cross right behind left, Step left to left side, Step right to right side

**cross, ¼ turn l, ½ triple turn l, rock step, coaster cross**

1-2      Cross left over right, ¼ turn left stepping back on right (9:00)  
3&4      ¼ turn left stepping left to left side (6:00), Step right next to left, ¼ turn left stepping forward on left (3:00)  
5-6      Step forward on right, Recover on left  
7&8      Step back on right, Step left next to right, Cross right over left

**side rock, behind-side-cross, side, hold, touch unwind ½ turn**

1-2      Step left to left side, Recover on right  
3&4      Cross left behind right, Step right to right side, Cross left over right  
5-6      Step right to right side, Hold  
7-8      Touch left behind right, ½ turn left unwind (weight on left) (9:00)

**(Restart after 24 counts of Wall 5 facing [9:00])**

**(Restart after 24 counts of Wall 7 facing [12:00])**

**½ turn l, ½ turn l, ¼ turn l-side rock, cross shuffle, side rock**

1-2      ½ turn left stepping back on right (3:00), ½ turn left stepping forward on left (9:00)  
3-4      ¼ turn left stepping right to right side (6:00), Recover on left  
5&6      Cross right over left, Step left to left side, Cross right over left  
7-8      Step left to left side, Recover on right

**vaudevilles l+r, rock step, coaster step**

1&2&      Cross left over right, Step slightly back on right to right side, Left heel to left diagonal, Step left next to right  
3&4&      Cross right over left, Step slightly back on left to left side, Right heel to right diagonal, Step right next to left  
5-6      Step forward on left, Recover on right  
7&8      Step back on left, Step right next to left, Step forward on left

**TAG: At the end of Wall 2 facing [12:00]**

**side rock & side rock & pivot ½ turn l, pivot ½ turn l**

1-2&      Step right to right side, Recover on left, Step right next to left  
3-4&      Step left to left side, Recover on right, Step left next to right  
5-6      Step forward on right, ½ pivot left (weight on left) (6:00)  
7-8      Step forward on right, ½ pivot left (weight on left) (12:00)