

Wild & Free

拍數: 32 牆數: 4 級數: Beginner
編舞者: Isabelle Dréau (FR) - November 2021
音樂: If I Was a Cowboy - Miranda Lambert



Intro: 16 counts

[1-8] BACK R & L, COASTER STEP R, WALK L & R, TRIPLE FWD L

1-2 Step right back, step left back
3&4 Step right back, step left together, step right forward
5-6 Step left forward, step right forward
7&8 Step left forward, step right together, step left forward

* Restart on wall 3 & 7

(Option 1-2 : Back Full turn Right)

[9-16] STEP R ½ , TRIPLE FWD R, STEP L ½ , TRIPLE FWD L

1-2 Step right forward, pivot ½ turn left (6h)
3&4 Step right forward, step left together, step right forward
5-6 Step left forward, pivot ½ turn right (12h)
7&8 Step left forward, step right together, step left forward

[17-24] SWAY R & L, TRIPLE SIDE R, CROSS ROCK L, TRIPLE ¼ L

1-2 Step right to right side (swinging the hips to right), recover weight on left (swinging the hips to left)
3&4 Step right to right side, step left together, step right to right side
* Final
5-6 Cross left over right, recover weight on right
7&8 Step left to left side, step right together, ¼ turn left & step left forward (9h)

[25-32] MAMBO R & L, OUT OUT, IN BACK

1&2 Step right forward, recover weight on left, step right back
3&4 Step left back, recover weight on right, step left forward
5-6 Step right diagonal Right, step left diagonal left
7-8 Step right back (center), step left together

* Restarts

Wall 3 (begin on 6h) : After the section 1 (6h)

Wall 7 (begin on 9h) : After the section 1 (9h)

* Final

Wall 9 (begin to 6h) : After 20 count add :

STEP L ½, STEP L

5-6 Step left forward, pivot ½ turn right
7 Step left forward

RESUME THE DANCE AT THE BEGINNING AND KEEP SMILE !!