

Just Wanna Be Free

COPPER KNOB
STEPSHEETS

拍數: 80
編舞者: Aurora de Jong (USA) - June 2022
音樂: Free - Tiggs Da Author

牆數: 4

級數: Phrased Intermediate



NO TAGS OR RESTARTS

Sequence: A-A-B-C- A-A-B-C - A-B-C-C

Dance begins after 16 counts

Part A-32 counts

[1-8]: R side rock step with L heel grind, Recover, Behind, Side, touch and touch and Cross, Bounce/Unwind ½ left

1-2 Rock R to right, grinding L heel (1), Recover to L (2)
3&4&5 Step R behind L (3), step L to left (&), touch R to L (4), step R to right (&), touch L to R (5)
&6, 7, 8 Step L to left (&), Cross R over L (6), bounce heels while turning ¼ left (7) (9:00), bounce heels while turning 1/4 left, transferring weight to L (8) (6:00)

[9-16]:R rock back with L low kick forward, Recover, ¼ right R heel grind, R coaster step, L step pivot ½ right

1-2 Rock R back, kicking L forward (1), recover to L (2)
3-4 Step R heel forward and pivot ¼ right on R heel (3), recover to L (4) (9:00)
5&6 Step R back (5), step L back to R (&), step R forward (6)
7-8 Step L forward (7), pivot ½ right, transferring weight to R (8) (3:00)

[17-24]: L side step ¼ right, Drag and touch R to L, R & L forward toe points, R step forward, Heel swivels to right and left, R step back with "sit", Recover to L

1-2 Step L big step to left, turning ¼ right and beginning to drag R to L (1), touch R to L (2) (6:00)
3&4& Touch R toe forward (3), step R to L (&), Touch L toe forward (4), Step L to R (&)
5&6 Step R forward (5), swivel both heels to right (&), swivel both heels to back to left (6)
7-8 Step R back and "sit" into R hip (7), "stand" to recover to L foot (8)

[25-32]: R step lock shuffle forward, L step forward, ¾ paddle turn left with R

1-2 Step R forward (1), step L behind R, bending R knee (2)
3&4 Step R forward (3), step ball of L next to R (&), step R forward (4)
5 Step L forward (5)
6-7-8 Paddle ¼ left with R (6) (3:00), paddle ¼ left with R (7) (12:00), paddle ¼ left with R (9:00)

Part B - 16 counts (begins at the 6:00 wall the first 2 times, and the 9:00 wall the 3rd time)

[1-8]: ¾ left step touch box

1-2 Step R to right (1), touch L to R (2)
3-4 Step L to left, turning ¼ left (3) touch R to L (3:00 or 6:00)
5-6 Step R to right, turning ¼ left (5), touch L to R (12:00 or 3:00)
7-8 Step L to left, turning ¼ left (7), touch R to L (9:00 or 12:00)

[9-16]: Walk forward RLR, hitch L, walk backward LRL, hitch R

1-4 Step R forward (1), step L forward (2), step R forward (3), hitch L knee (4)
5-8 Step L backward (5), step R backward (6), step L backward (7), hitch R knee (8)

Part C - 32 counts (begins at the 9:00 wall the first 2 times, 12:00 the 3rd time, 3:00 the 4th time)

[1-8]: Full volta turn right, side points

1&2&3&4 Step R forward beginning right turn (1), step L ball to R (&), step R forward continuing right turn (2), step L ball to R (&), step R forward, continuing right turn (3), step L ball to R (&), step R forward, completing full right turn (4)

5-6 point L toe to left with leg extended (5), hold (6)
&7&8 step L to R (&), point R toe to right with leg extended (7), step R to L (&), point L toe to left with leg extended (8)

[9-16]: Touch unwind ½ left, ¾ left turn, modified ¼ right jazz box

1-2 Step L toe back (1), pivot ½ left, putting weight fully to L (2) (3:00, 6:00, 9:00)
3-4 Step R to right turning ¼ left (3), step L to left turning ½ left (4) (6:00, 9:00, 12:00)
5-8 Cross R in front of L (5), step L back (6), step R forward, turning ¼ right (7), step L forward (8) (9:00, 12:00, 3:00)

[17-24]: Step pivot ¼ left, Twist LRL, Hitch, Walk ¾ turn right RLR

1-2 Step R forward (1), Pivot ¼ left, over-rotating into a twist, and keeping weight on R (2) (6:00, 9:00, 12:00)
3&4 Twist heels left, right, left
5 Hitch R knee
6-8 Step R forward, making ¼ turn right (6), step L forward making ¼ turn right (7), step R forward making ¼ turn right (8) (3:00, 6:00, 9:00)

[25-32]: L rock recover forward, ¾ left L shuffle, Push, Hitch with ½ right turn, Walk forward RL

1-2 Rock L forward (1), recover to R (2)
3&4 Step L to left, turning ¼ left (3), step ball of R to L, turning ¼ left (&), step L forward turning ¼ left (4) (6:00, 9:00, 12:00)
5-6 Step ball of R slightly forward and push into a 1/2 turn right (5), Hitch R knee, completing ½ right (6) (12:00, 3:00, 6:00)
7-8 Step R forward (7), Step L forward (8)

End of dance: Simply add a ½ pivot turn right to end at the front wall!

Enjoy!

Contact: aurora.dejong@gmail.com

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