

Free To Run

拍數: 64 牆數: 2 級數: Advanced
編舞者: Fiona Murray (IRE) & Roy Hadisubroto (NL) - July 2022
音樂: Jumpin' In - Oh The Larceny : (iTunes)



Intro: 16 count intro from start of music.

Start with weight on L foot

Note: Restart on wall 2 after 48 Counts

[1 – 8] Out Out, Hold, R Side Touch, L Side Touch, Hold, Weave

- & 1 - 2 Step R into R Diagonal (&), Step L into L diagonal (1), Hold (2) 12:00
- & 3 & 4 - 5 Step R to R side (&), Touch L next to R (3), Step L to L Side (&), Touch R next to L (4), Hold (5) 12:00
- 6 & 7 & 8 Cross R behind L (6), Step L to L side (&), Cross R over L (7), Step L to L side (&), Cross R behind L (8) 12:00

[9 – 16] Hitch Drag, Hold, R Kick Ball Point, Hold, ¼ Turn L Sailor Step, Ball Step

- & 1 - 2 Hitch L (&), Big step L to L side while dragging R towards L (1), Hold (2) 12:00
- 3 & 4 - 5 R Kick forward (3), Close R next to L (&), Point L to L side (4), Hold (5) 12:00
- 6 & 7 & 8 Cross L behind R (6), ¼ Turn L Close R next to L (&), ¼ Turn L Step L slightly forward (7), ¼ Turn L Close R next to L (&), Step L slightly forward (8) 3:00

[17 – 24] R Side Mambo Cross, L Side Mambo Cross, Hold, Ball Cross, Point Switches R&L, Together

- 1 & 2 Rock R to R side (1), Recover on L (&), Cross R over L (2) 3:00
- 3 & 4 - 5 Rock L to L side (3), Recover on R (&), Cross L over R (4), Hold (5) 3:00
- &6-7&8 & Step R to R side (&), Cross L over R (6), Point R to R side (7), Close R next to L (&), Point L to L side (8), Close L next to R (&) 3:00

[25 – 32] Drag with Shimmy, Snap R, Drag with Shimmy, Snap L

- 1 - 3 Big step R to R side while dragging L towards R and shimmying shoulders (1-3) 3:00
- 4 Lean to R side while lifting L off floor and snap R to R side (4) 3:00
- 5 - 7 Big step L to L side while dragging R towards L and shimmying shoulders (5-7) 3:00
- 8 Lean to L side while lifting R off floor and snap L to L side (8) 3:00

[33 – 40] Slow Glide R, Glide L&R, Slow Glide L, R Cross, L Back

- 1 - 2 Slide ball of R into R diagonal while transferring weight onto R (1-2) 3:00
- 3 - 4 Slide ball of L into L diagonal and transfer weight onto L (3), Slide ball of R into R diagonal and transfer weight onto R (4) 3:00
- 5 - 8 Slide ball of L into L diagonal while transferring weight onto L (5-6), Cross R over L (7), Step L backwards (8) 3:00

[41 – 48] R Back with Shake, L Back with Shake, ¼ Turn R Step Side, Hold Sailor Step

- 1 - 2 Step R diagonally backwards, Shake both hands up (1), Weight stays on R, Shake both hands down (2) 3:00
- 3 - 4 Step L diagonally backwards, Shake both hands up (3), Weight stays on L, Shake both hands down (4) 3:00
- 5 - 6 ¼ Turn R Step R to R side, Put both hands out to either side (5), Hold (6) 6:00
- 7 & 8 Cross L behind R (7), Step R to R side (&), Step L to L side (8) 6:00

[49 – 56] Step Hitch, Hold, Side Ball Change, Together, Hold, Out Out on heels, Ball Close

- 1 - 2 Step R forward (1), Hitch L knee (2) 6:00
- 3 & 4 Hold (3), Rock L to L side (&), Recover on R (4) 6:00
- 5 - 6 Close L next to R (5), Hold (6) 6:00

& 7 & 8 Step on R heel into R diagonal (&), Step on L heel into L diagonal (7), Step R back to centre (&), Close L next to R (8) 6:00

Arm Styling: Put both arms above head with handpalms joined (1), Pull hands down in front of chest with handpalms joined (2), Hold (3), Circle both arms out to L (counter-clockwise) with handpalms joined (&4-5), Hands return in front of chest with handpalms joined (6) 6:00

[57 – 64] R Back Hitch, L Back R Kick Forward, ¼ Turn R ball Point, ¼ Turn L, Full Turn L

1 - 2 Step R backwards (1), Hitch L (2) 6:00

3 - 4 Step L backwards (3), Kick R forward (4) 6:00

& 5 - 6 ¼ Turn R Step R to R side (&), Point L to L side (5), ¼ Turn L Step L forward (6) 6:00

7 - 8 ½ Turn L Step R backwards (7), ½ Turn L Step L forward (8) 6:00

Restart ** Happens on Wall 2 after 48 counts facing 12:00

START AGAIN AND HAVE FUNNNN

DARE TO BE UNIQUE

Last Update - 14 Aug 2022
