

# Fria

拍數: 64      牆數: 2      級數: Improver  
編舞者: Rob Fowler (ES) - February 2024  
音樂: Fria - Enrique Iglesias & Yotuel



(No Tags or Restarts)

Intro: 16 counts (approx. 8s)

**S1: R Cross Samba, L Cross Samba, Rock Fwd, Recover, Shuffle ½ Turn R**

1&2      Step R fwd across L, rock L out to L side, recover weight on R  
3&4      Step L fwd across R, rock R out to R side, recover weight on L  
5,6      Rock fwd on R, recover weight on L  
7&8      Make ½ turn R stepping fwd on R, step L next to R, step fwd on R [6:00]

**S2: L Cross Samba, R Cross Samba, Rock Fwd, Recover, Chasse ¼ Turn L**

1&2      Step L fwd across R, rock R out to R side, recover weight on L  
3&4      Step R fwd across L, rock L out to L side, recover weight on R  
5,6      Rock fwd on L, recover weight on R  
7&8      Make ¼ turn L stepping L to L side, step R next to L, step L to L side [3:00]

**S3: Diamond ¾ Turn R**

1&2      Cross R over L, step L to L side, make 1/8 turn R stepping back on R [4:30]  
3&4      Step back on L, make ¼ turn R stepping R to R side, step fwd on L [7:30]  
5&6      Step fwd on R, make ¼ turn R stepping L to L side, step back on R [10:30]  
7&8      Step back on L, make 1/8 turn R stepping R to R side, cross step L over R [12:00]

**S4: Side R, Together L, R Chasse, Cross Rock, Recover, L Chasse**

1,2      Step R to R side, step L next to R  
3&4      Step R to R side, step L next to R, step R to R side  
5,6      Cross rock L over R, recover weight on R  
7&8      Step L to L side, step R next to L, step L to L side [12:00]

**S5: Syncopated Cross Rocks, Side R, Cross L, Full Unwind R, R Chasse**

1&2&      Cross rock R over L, recover weight on L, rock R out to R side, recover weight on L  
3&4      Cross rock R over L, recover weight on L, step R to R side  
5,6      Cross step L over R, unwind full turn R (weight on L)  
7&8      Step R to R side, step L next to R, step R to R side [12:00]

**S6: Syncopated Cross Rocks, Step L ¼ L, Step R, ½ Turn L, L Coaster**

1&2&      Cross rock L over R, recover weight on R, rock L out to L side, recover weight on R  
3&4      Cross rock L over R, recover weight on R, make ¼ turn L stepping fwd on L [9:00]  
5,6      Step fwd on R, make ½ turn L (weight back on R)  
7&8      Step back on L, step R next to L, step fwd on L [3:00]

**S7: Step R, Pivot ½ L, Step R, Pivot ½ L, Cross Rock, Recover With Sweep, R Sailor**

1,2,3,4      Step fwd on R, make ½ turn L (weight on L), step fwd on R, make ½ turn L (weight on L)  
(non-turning option for counts 1-4: R Rocking Chair)  
5,6      Cross rock R over L, recover weight on L and sweep R around  
7&8      Step R behind L, step L to L side, step R to R side [3:00]

**S8: Cross Rock, Recover, Chasse ¼ L, Step R, Pivot ½ L, Full Turn L**

1,2      Cross rock L over R, recover weight on R

3&4 Step L to L side, step R next to L, make  $\frac{1}{4}$  turn L stepping fwd on L [12:00]  
5,6 Step fwd on R, make  $\frac{1}{2}$  turn L (weight on L)  
7,8 Make  $\frac{1}{2}$  turn L stepping back on R, make  $\frac{1}{2}$  turn L stepping fwd on L [6:00]  
**(non-turning option for counts 7-8: Walk R, Walk L)**

**Start Over**

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