

Free Falling

COPPER KNOB
BY SHEETS

拍數: 32 牆數: 4 級數: Improver / Intermediate NC
編舞者: Marianne Langagne (FR) - 9 February 2024
音樂: Free Falling - James Arthur



Intro : Start on « Free » - Maybe I'm « free » falling

Sequences : 32 – TAG 1 – 32 – TAG 2 – 32 – 16R – 32 – 16

S1 PRISSY WALK R-L, ROCK FWD & SIDE ROCK, ROCK STEP, ½ TURN R- STEP, ROCK STEP, ½ TURN L-STEP

1 - 2 RF Fwd crossed over LF, LF Fwd crossed over RF
3 & RF Fwd, Recover on LF
4 & RF to the R, Recover on LF
5 - 6 RF Fwd, Recover on LF
& ½ Turn R – RF Fwd 6:00
7 - 8 LF Fwd, Recover on RF
& ½ Turn L – LF Fwd 12:00

S2 ROCK STEP ½ TURN L, RECOVER / SWEEP, BEHIND, SIDE, L BASIC NC, RUN (R-L-R-L) ON ½ TURN R CIRCLE

1 - 2 RF Fwd (1), ½ Turn L – L Heel Down (2) (weight on LF) 6:00
3 Recover on RF with Sweep LF Backwards
4 & LF Back, RF to the R
5 - 6 & Large Step to L, Slide RF crossed behind LF, Cross LF over RF (weight on LF)
7 & 8 & By forming an arc in a ½ Turn R – Run R – L – R – L 12:00 - RESTART HERE Wall 4 (Facing 3:00)

S3 ROCK STEP, BACK, BACK / SWEEP, BEHIND, L DIAGONALLY STEP, ROCK STEP, BACK, 1/8 TURN R - SYNCOPATED WEAVE WITH ¼ TURN R

1 - 2 RF Fwd, Recover on LF
& RF Back
3 LF back with Sweep RF Backwards
4 & RF Behind LF, 1/8 Turn L – LF Fwd 10:30
5 - 6 RF over LF, Recover on LF
& RF Back
7 & 8 & On Ball R 1/8 Turn R – Cross LF over RF (12:00) , RF to the R, Cross LF behind RF, ¼ Turn R – RF Fwd 3:00

S4 STEP, UNWIND ¾ TURN R / SWEEP, BEHIND, SIDE, LUNGE, HITCH, SWAY, HITCH, SLIDE TO R, ¼ TURN L TOGETHER, POINT R

1 LF Fwd, Unwind ¾ turn R on balls with a backward RF sweep,
2 RF Behind LF 12:00
& LF to the L
3 Large Step to the R (Knee bent, L leg extended weight on RF)
4 Recover on LF with Hitch RF
5 - 6 Sway R – L (Option : during the Sway, hold your head between your hands and move R – L)
& 7 Hitch RF, Large Step R
8 & ¼ Turn L – Together, R Point to R 9:00

TAG 1 End of Wall 1 (9:00)

ROCK STEP, ½ TURN R- STEP, ROCK STEP, ½ TURN L-STEP, SWAY R -L, R-L IN PLACE

1 - 2 & RF Fwd, Recover on LF, ½ Turn R – RF Fwd 3:00

- 3 - 4 & LF Fwd, Recover on RF, ½ Turn L – LF Fwd 9:00
- 5 - 6 RF to the R by tilting the Body to the R, Recover on LF by tilting the Body to the L
- 7 Raise Knee R slightly Plant R next to LF Heel Down
- 8 Raise Knee L slightly Plant L next to RF Heel Down

TAG 2 End of Wall 2 (6:00)

ROCK STEP, ½ TURN R- STEP, ROCK STEP, ½ TURN L-STEP

- 1 - 2 & RF Fwd, Recover on LF, ½ Turn R – RF Fwd 12:00
- 3 - 4 & LF Fwd , Recover on RF, ½ Turn L – LF Fwd 6:00

MOVE, DANCE & HAVE FUN !!!

Mail : Eujeny_62@yahoo.fr Website : <https://www.mariannelangagne.fr/>

Last Update: 12 Feb 2024
