

# Got To Be Free

拍數: 64      牆數: 4      級數: Improver  
編舞者: Becky Hawthorne (USA) - September 2024  
音樂: People Got to Be Free - Arusha



Intro: 48 counts. Dance starts two counts before the vocals.

\*\*2 restarts, 1 tag

## Section 1: STEP, TOUCH X 2, HIP BUMPS X 4

1, 2            Step RF to R side, Touch LF next to RF  
3, 4            Step LF to L side, Touch RF next to LF  
5, 6, 7, 8      Bump hips R, L, R, L

## Section 2: FWD SHUFFLE X 2, FWD, FWD, BACK, BACK

1 & 2            Shuffle forward: R, L, R  
3 & 4            Shuffle forward: L, R, L  
5, 6            Step RF fwd, Step LF next to RF  
7, 8            Step RF back, Step LF next to RF

## Section 3: BACK SHUFFLE X 2, BACK, BACK, FWD, FWD

1 & 2            Shuffle back: R, L, R  
3 & 4            Shuffle back:, L, R, L  
5, 6            Step RF back, Step LF next to RF  
7, 8            Step RF fwd, Step LF next to RF

## Section 4: 1/4 SHUFFLE, 1/2 SHUFFLE, ROCKING CHAIR

1 & 2            1/4 Shuffle to right: R, L, R (3:00)  
3 & 4            1/2 Shuffle to left: L, R, L (9:00)  
5, 6            Rock RF forward, Recover weight back on LF  
7, 8            Rock RF back, Recover weight forward on LF

## Section 5: FWD, TOUCH, BACK, TOUCH, BACK MAMBO, HOLD

1, 2            Step RF to R fwd diagonal, Touch LF next to RF  
3, 4            Step LF to L back diagonal, Touch RF next to LF  
5, 6            Rock RF back, Recover weight forward to LF  
7, 8            Step RF next to LF, Hold

## Section 6: FWD, TOUCH, BACK, TOUCH, BACK MAMBO, HOLD

1, 2            Step LF to L fwd diagonal, Touch RF next to LF  
3, 4            Step RF to R back diagonal, Touch LF next to RF  
5, 6            Rock LF back, Recover weight forward to RF  
7, 8            Step LF next to RF, Hold

**RESTART HERE ON WALL 2 AND WALL 5**

## Section 7: CROSS ROCK, SIDE, HOLD, CROSS ROCK, SIDE, HOLD

1, 2            Cross RF over L, Recover weight back on LF  
3, 4            Step RF to R side, Hold  
5, 6            Cross LF over R, Recover weight back on RF  
7, 8            Step LF to L side, Hold

## Section 8: FWD, HOLD, 1/2 PIVOT, HOLD, FWD, HOLD, 1/2 PIVOT, HOLD

1, 2            Step RF forward, Hold  
3, 4            1/2 Pivot to L transferring weight to LF (3:00), Hold

5, 6 Step RF forward, Hold  
7, 8 1/2 Pivot to L transferring weight to LF (9:00), Hold

**TAG AFTER WALL 6 (facing 6:00): V-STEP**

1, 2 Step RF to R fwd diagonal, Step LF to L fwd diagonal  
3, 4 Step RF back to center, Step LF back to center

**Suggested ending: Song ends during Wall 9, Section 6, facing 9:00. After back rock and recover (counts 5-6), 1/4 point LF to L turning to 12:00 and hold.**

**Becky Hawthorne: [beckyhawthornetx@gmail.com](mailto:beckyhawthornetx@gmail.com)**

---