

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.

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