

# Wild And Free

拍數: 64      牆數: 2      級數:  
編舞者: Tracie Lee (AUS) & Peter Fry (AUS)  
音樂: Saturday Night - Jo Dee Messina



- 1-2            Step/rock left forward across, rock back onto right  
3&4           Step in place left, right, left turning  $\frac{3}{4}$  turn left  
5-6           Step right to right side, step left behind right  
&7-8          Step ball of right slightly back & to right side, step left across over right, touch right toe to right side
- 1-2            Step right beside left turning  $\frac{1}{2}$  turn right, touch left toe to left side  
&3&4          Step left beside right, touch right heel forward, step right beside left & touch left toe back  
5&6           Kick left forward, step ball of left beside right, step right forward (kick ball step)  
7&8           Kick left forward, step ball of left beside right, step right forward (kick ball step)
- 1-2            Kick left foot forward twice  
&3            Step left beside right, step right forward  
4             Pivot  $\frac{1}{4}$  turn left taking weight to left foot  
5-6           Rock forward onto right, rock back onto left  
7&8           Turn  $\frac{1}{2}$  turn right and shuffle forward right-left-right
- 1-2            Step left forward, lift right foot to touch right heel on left calf  
&3&4          Step right back, touch left heel forward, step left beside right, step right forward (heel jack)  
5-6           Rock forward on left, rock back on right  
7&8           Turn  $\frac{1}{2}$  turn left and shuffle forward left-right-left
- 1-2            Step right across over left, step back on left  
&3-4          Step ball of right slightly back, step left across right, step right to right side  
5-6           Rock back on left behind right, replace weight forward to right  
7-8           Turn  $\frac{1}{4}$  turn right and step left back, pivot on left  $\frac{1}{2}$  turn right and step right forward
- 1-2            Rock forward on left, rock back on right  
&3-4          Step left beside right, step right forward, pivot  $\frac{1}{2}$  turn left taking weight to left foot  
5-6           Rock forward on right, rock back onto left  
&7-8          Step right beside left, step forward on left, scuff right beside left
- 1-2            Step right across over left, step back on left  
&3-4          Step ball of right slightly back, step left across right, step right to right side  
5-6           Rock back on left behind right, replace weight forward to right  
7-8           Turn  $\frac{1}{4}$  turn right and step left back, pivot on left  $\frac{1}{2}$  turn right  
&             Step right forward
- 1-2            Rock forward on left, rock back onto right  
&3-4          Step left beside right, step right forward, pivot  $\frac{1}{2}$  turn left taking weight to left  
5-8           Rock forward on right, rock back on left, turn  $\frac{1}{2}$  turn right & step right forward, scuff left beside right

**REPEAT**

**TAG**

**At the end of the second wall when facing the front**

1-2 Touch left toe to left side, hold  
&3-4 Step ball of left back, step right across left, touch left toe to left side  
&5 Step ball of left back, step right across over left  
6-8 Step left to left side rocking hips left, rock hips to right, rock hips to left

1-2 Touch right toe to right side, hold  
&3-4 Step ball of right back, step left across right, touch right toe to right side  
&5 Step ball of right back, step left across over right  
6-8 Step right to right side rocking hips right, rock hips left, rock hips to right

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