

Free

拍數: 32 牆數: 2 級數: Improver
編舞者: Christian Sildatke (DE)
音樂: (I Wish I Knew How It Would Feel to Be) Free / One - Lighthouse Family



WALK, WALK, ROCK & SWEEP, COASTER STEP, COASTER STEP

- 1 Right foot step forward
- 2 Left foot step forward
- 3 Right foot cross rock right diagonally over left
- & Left foot step in place (recover)
- 4 Left foot sweep right foot on floor (end weighted left)
- 5 Right foot step left diagonally behind left
- & Left foot step next to right
- 6 Right foot step to the right side
- 7 Left foot step right diagonally behind right
- & Right foot step next to left
- 8 Left foot step forward

ROCK STEP, TRIPLE TURN, COASTER TURN, MAMBO CROSS

- 9 Right foot rock forward
- 10 Left foot step in place (recover)
- 11 Right foot step back with a $\frac{1}{4}$ turn right
- & Left foot step next to right
- 12 Right foot step forward with a $\frac{1}{4}$ turn right
- 13 Left foot step forward with a $\frac{1}{4}$ turn right
- & Right foot step next to left
- 14 Left foot step forward with a $\frac{1}{4}$ turn right
- 15 Right foot rock to the right side
- & Left foot step in place (recover)
- 16 Right foot step across in front of right

TOUCH, CROSS, STEP, HOLD, CROSS ROCK STEP, HOOK & PUSH, STEP

- 17 Left foot touch to the left side
- 18 Left foot cross over right
- 19 Right foot step right diagonally forward
- 20 Hold
- 21 Left foot cross rock forward
- 22 Right foot shift weight to right foot
- 23 Left foot cross behind right
- & Right foot step on/push off ball of foot
- 24 Left foot step to the left side

HOOK & PUSH, STEP, COASTER STEP, ROCK STEP, TURNS

- 25 Right foot cross behind left
- & Left foot step on/push off ball of foot
- 26 Right foot step to the right side
- 27 Left foot step back
- & Right foot step next to left
- 28 Left foot step forward
- 29 Right foot rock forward
- 30 Left foot step in place (recover)

- 31 Right foot step forward with a ½ turn right
- 32 Left foot step forward with a full turn right

REPEAT
