

Free Fall

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Andy Dixon
音樂: I'm Still Falling - Barry Upton & Wild At Heart



HEEL SWITCHES, FORWARD SHUFFLE, ROCK STEP, ¾ TURN TRIPLE STEP

1&2 Touch right heel forward. Step right beside left. Touch left heel forward.
&3-4 Step left beside right. Step forward right. Close left beside right. Step forward right
5-6 Rock forward onto left. Rock back onto right.
7&8 Triple step ¾ turn left on left, right, left.

CHASSE RIGHT, CROSS SHUFFLE, CHASSE RIGHT, ROCK STEP

9&10 Step right to right side. Step left beside right. Step right to right side.
11&12 Cross left over right. Step right to right side. Cross left over right.
13&14 Step right to right side. Step left beside right. Step right to right side.
15-16 Rock back onto left. Rock forward onto right.

STEP TOUCH, LEFT & RIGHT HEEL JACKS, STEP PIVOT ½ TURN

17-18 Step forward left. Touch right beside left.
&19 Step back on right. Touch left heel diagonally forward.
&20 Step left to place. Step right beside left.
&21 Step back on left. Touch right heel diagonally forward.
&22 Step right to place. Step left beside right
23-24 Step forward left. Pivot ½ turn right.

STEP TOUCH, STEP TOUCH, ROCK STEP, TRIPLE STEP ½ TURN

25-26 Step diagonally forward left. Touch right beside left.
27-28 Step diagonally forward right. Touch left beside right
29-30 Rock forward onto left. Rock back onto right.
31-32 Triple step ½ turn left on left, right, left

Optional: Cross left behind right. Unwind ½ turn left

REPEAT

TAG-PERFORMED AT THE END OF THE 3RD, 6TH AND 8TH WALLS.

RIGHT AND LEFT SAILOR SHUFFLES

1&2 Cross right behind left. Step left to left side. Step right to place.
3&4 Cross left behind right. Step right to right side. Step left to place.