

Free Fall

拍數: 0 牆數: 2 級數: Intermediate/Advanced
編舞者: Beth Ronfeldt (USA)
音樂: Boom - Jolie & The Wanted



Sequence: AB / ABC / BB (stomp)

The song ends with the phrase "heart falls down goes boom." Once Part B is completed for the last time, stomp your right foot forward to end the dance on the word "boom."

PART A

CHASSÉ RIGHT, ROCK LEFT, HEEL GRIND WITH ¼ TURN, COASTER STEP

1&2 Step right foot to right, step left foot next to right, step right foot to right
3-4 Step back on left foot, rock forward on right
5-6 Touch left heel forward, fan toes to left while completing a ¼ turn left
7&8 Step back on left foot, step right foot next to left, step left foot forward

SHUFFLE RIGHT, STOMP/KICK LEFT, COASTER STEP, STOMP/KICK RIGHT

1&2 Step right foot forward, step left beside right, step right foot forward
3-4 Stomp left foot next to right, kick left forward
5&6 Step back on left foot, step right foot next to left, step left foot forward
7-8 Stomp right foot next to left, kick right forward

CROSS, UNWIND, MAMBO ROCK, STEP, HEEL, STEP, TOUCH, STEP, HEEL

1-2 Cross right over left, unwind ½ turn left (keep weight on right)
3&4 Step left foot to left side, rock on right foot, step left foot next to right
5-6 Step right foot back, touch left heel forward
&7&8 Step left foot next to right, touch right toe next to left foot, step back on right, touch right heel forward

FULL BOX WITH A ¼ TURN RIGHT, WEAVE, STEP, HEEL, STEP TOUCH

1&2 Step left foot to left side, step right foot next to left, step left foot back
3&4 Step right foot to right side, step left next to right, step right forward turning ¼ turn right
5&6&7&8 Step left foot behind right, step right foot to right side, cross left foot over right, step right foot back, touch left heel forward, step left foot next to right, touch right toe next to left foot

PART B

KICK-BALL-POINT, HITCH, STEP, TOUCH, MONTEREY TURN, POINT, STEP, POINT

1&2 Kick right foot forward, step right foot next to left, point left toe to left side
3&4 Hitch left knee, step left foot to left side, touch right foot next to left
5-6 Point right toe to right side, pivot on left ½ turn right while bringing right foot next to left (weight on right)
7&8 Point left toe to left side, step left foot next to right, point right toe to right side

SHUFFLE FORWARD WITH ¼ TURN, full turn SHUFFLE TURN, SIDE ROCK, CROSS SHUFFLE

1&2 Step right foot forward ¼ turn right, step left beside right, step right foot forward
3&4 Moving forward, turn right full turn stepping left, right, left
5-6 Step right foot to right side, rock on left foot
7&8 Step right foot forward across left, step left foot to left side, step right foot forward across left

UNWIND ¼ TURN, SWIVEL, POINT, STEP, POINT, STEP, POINT, TURNING JAZZ SQUARE

1 Unwind ¼ turn left (keep weight on both feet)
2&3 Swivel heels to left, right, back to center

- 4&5&6 Touch right toe to right side, step right foot next to left, touch left toe to left side, step left foot next to right, touch right toe to right side
- 7&8& Cross right foot over left, step straight back on left foot, step right foot forward, ¼ turn right, step left foot next to right

STOMP, ROCK FORWARD, BACK LOCKING CHA, TURNING JAZZ SQUARE

- 1 Stomp right foot forward (option: hop forward on both feet)
- 2-3 Step left foot forward, rock back on right
- 4&5&6 Step left foot back, cross right over left and step, step left foot back, cross right over left and step, step left foot back
- 7&8& Cross right foot over left, step straight back on left foot, step right foot forward, ¼ turn right, step left foot next to right

STOMP, ROCK FORWARD, TOUCH, SIDE-ROCK-CROSS, POINT, STEP, POINT, STEP

- 1 Stomp right foot forward (option: hop forward on both feet)
- 2-3 Step left foot forward, rock back on right
- 4 Touch left toe next to right foot
- 5&6 Step left foot to left side, rock on right foot, cross left over right and step
- 7&8& Touch right toe to right side, step right foot next to left, touch left toe to left side, step left foot next to right

PART C

SIDE ROCK, STEP, TOUCH, HIP BUMPS

- 1-4 Step right foot to right side, rock on left foot, rock on right foot, touch left toe next to right
- 5&6 Step left foot to left and bump hips two times left (weight ends on left)
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