

# Free Me

拍數: 64      牆數: 4      級數: Improver  
編舞者: Robbie McGowan Hickie (UK)  
音樂: Wastin' Time With You - Carlene Carter



## **SIDE, TOGETHER, FORWARD, HOLD, ROCK HALF TURN RIGHT, HOLD**

- 1-2      Step left to left side, step right beside left, (weight on right)
- 3-4      Step forward on left, hold for 1 count
- 5-6      Rock forward on right, rock back on left
- 7-8      Step back on right turning half turn right, hold for 1 count, (facing 6:00)

## **SIDE, TOGETHER, FORWARD, HOLD, ROCK HALF TURN RIGHT, HOLD**

- 1-8      Repeat above counts 1-8, (now facing 12:00)

## **LEFT LOCK STEP FORWARD, HOLD, 4 X HIP BUMPS**

- 1-4      Step forward on left, lock right behind left, step forward on left, hold for 1 count
- 5-6      Touch right toe forward bumping hips forward, bump hips back
- 7-8      Bump hips forward, bump hips back, (weight on left)

## **SLOW RIGHT COASTER STEP, HOLD, STEP, PIVOT FULL TURN RIGHT, HOLD**

- 1-4      Step back on right, step left beside right, step forward on right, hold for 1 count
- 5-6      Step forward on left, pivot ½ turn right
- 7-8      Step forward on left turning ½ turn right completing full turn, hold for 1 count, (facing 12:00)

### **Easier option**

- 5-8      Rock forward on left, rock back on right, step back on left, hold

## **HALF TURN RIGHT, HOLD, HALF TURN RIGHT, HOLD, SLOW RIGHT COASTER STEP, HOLD**

- 1-2      Step back on right turning half turn right, hold for 1 count
- 3-4      Step forward on left turning half turn right, hold for 1 count
- 5-8      Step back on right, step left beside right, step forward on right, hold for 1 count, (facing 12:00)

## **WEAVE RIGHT, 3 X TOE TOUCHES**

- 1-2      Cross step left over right, step right to right side
- 3-4      Cross left behind right, step right to right side
- 5-6      Cross step left over right, touch right toe out to right side
- 7-8      Touch right toe forward, touch right toe out to right side

## **BEHIND, QUARTER TURN LEFT, STEP FORWARD, HOLD, STEP, PIVOT HALF TURN RIGHT, STEP FORWARD, HOLD**

- 1-2      Sweep/cross right behind left, step left to left side turning quarter turn left
- 3-4      Step forward on right, hold for 1 count, (facing 9:00)
- 5-6      Step forward on left, pivot half turn right
- 7-8      Step forward on left, hold for 1 count, (facing 3:00)

## **RIGHT SCISSORS STEP, HOLD, 4 X HIP BUMPS**

- 1-2      Step right to right side, slide left beside right and slightly back
- 3-4      Cross step right over left, hold for 1 count
- 5-8      Step left slightly left bumping hips left, bump hips right, bump hips left, bump hips right (weight ends on right) (facing 3:00)

## **REPEAT**

