

# Free Me

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Craig Cooke (UK)  
音樂: Free Me - Emma Bunton



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## RIGHT, ROCK CHASSE, CROSS UNWIND, CHASSE RIGHT

1-2      Step right to right side, cross rock left over right  
3      Replace weight back onto right  
4&5      Step left to left side, step right next to left, step left to left side  
6-7      Cross right over left and unwind full turn  
8&1      Step right to right side, step left next to right, step right to right side

## ROCK BACK, LEFT SHUFFLE, ROCK, SHUFFLE ½ TURN

2      Rock back onto left foot  
3      Recover onto right  
4&5      Step forward onto left foot, step right next to left, step forward onto left foot  
6-7      Rock forward onto right foot, recover onto left  
8&1      Shuffle ½ turn right stepping right, left, right

## ROCK, BACK LOCK STEP, SWAY, SWAY, CHASSE RIGHT

2      Rock forward onto left  
3      Recover onto right  
4&5      Step back onto left foot, lock right over left, step back onto left  
6-7      Sway hips right & left  
8&1      Step right to right side, step left next to right, step right to right side

## ROCK, FULL TURN, CROSS ROCK, SIDE TOGETHER

2      Rock back onto left  
3      Recover onto right  
4&5      Make full turn left stepping left, right, left  
6-7      Cross rock right over left, recover onto left  
8&      Step right to right side, step left next to right

**REPEAT**

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