

Free Spirit

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Helen O'Malley (IRE) & Eddie Ainsworth (UK)
音樂: Single White Female - Chely Wright



Dedicated to Cheryl German, Our good friend on her birthday

KICKS WITH ¼ TURN, OUT-OUT'S TRAVELING BACK, KICK BALL TOUCHES

1&2 Kick right forward, step right beside left turning ¼ right, kick left forward
&3 Step back and slightly diagonally on left, step back diagonally on right
&4 Step back and slightly diagonally on left, step back diagonally on right
5&6 Kick left forward, step forward left, point right toe to right side
7&8 Kick right forward, step forward right, point left toe to left side

& STEP ¼ TURN, JAZZ BOX, KNEE POPS, HIP ROLLS

&9-10 Step left behind right, step right slightly forward, pivot ¼ turn left
11&12 Cross step right over left, step back left, step right to right side
13-14 Pop left knee into center, as you straighten left knee, pop right knee into center
&15&16 As you straighten right knee, roll hips to the right twice

STEP LOCK, ANKLE ROCKS, STEP FORWARD, LOCK, ½ TURN HEEL TAPS

17-18 Step forward left, lock step right behind left
19&20 Rock ankles: left, right, left
21-22 Step forward left, lock step right behind left
23&24 Unwind ½ turn right: as you tap both heels 3 times

LOCK STEPS BACK, WALKS FORWARD, OUT-OUT'S

25&26 Step right diagonally back, lock step left over right, step back right
27&28 Step left diagonally back, lock step right over left, step back left
29-30 Walk forward: right, left
&31&32 Still moving forward step out: right, left, right, left

BODY SWAYS, CHASSES

33-34 Sway body: right, left
35&36 Step right to right side, step left beside right, step right to right side
37-38 Repeat counts (33-34) starting with left
39&40 Repeat counts (35&36) starting with left

ROCK STEP, ¾ SHUFFLE, FULL TURN, CHASSE

41-42 Rock forward on right, rock weight back onto left
43 Step back right ¼ turn right
& On ball of right pivot ½ turn right stepping left to left side
44 Step right beside left
45 Step left to left side turning ½ over right shoulder
46 Step right to right side making ½ turn over right shoulder
You will have made a full turn to face 3:00 wall from original start of dance
47&48 Step left to left side, step right beside left, step left to left side

REPEAT