

# 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**