

Feel Free (P)

COPPER KNOB
BY STEPHEN METZ

拍數: 72 牆數: 0 級數: Partner
編舞者: Bill Gallagher (UK)
音樂: Any Medium cha-cha beat



Position: Start in Couples Ballroom position in center of floor

Dance is a mirror dance except where stated. Steps shown are for man

- 1-4 Right foot step across front of left making $\frac{1}{4}$ turn to left, rock back on left foot making $\frac{1}{4}$ turn to right, cha-cha-cha to right on right-left-right
- 5-8 (retain hold with left hand, drop & raise right hand) left foot step across front of right making $\frac{1}{4}$ turn to right, rock back on right foot making $\frac{1}{4}$ turn to left, cha-cha-cha to left on left-right-left
- 9-12 (drop left hand, right hand picks up lady's left hand) right foot step across front of left making $\frac{1}{4}$ turn to left, pivot $\frac{3}{4}$ turn to the left (arm passes over head) cha-cha-cha to right on right-left-right (rejoin hands in ballroom position)
- 13-16 **MAN:** Step forward on left foot, rock back on right foot, cha-cha-cha backwards on left-right-left
LADY: Step back on right foot, rock forward on left foot, cha-cha-cha forward on right-left-right
- 17-20 **MAN:** Step back on right foot, step forward on left foot, cha-cha-cha forward on right-left-right
LADY: Rock forward on left foot, rock back on right foot, cha-cha-cha backwards on left-right-left
- 21-24 (retain hold with left hand, drop & raise right hand) left foot step across front of right making $\frac{1}{4}$ turn to right, rock back on right foot making $\frac{1}{4}$ turn to left, cha-cha-cha to left on left-right-left
- 25-28 (change hands with partner) right foot step across front of left making $\frac{1}{4}$ turn to left, rock back on left foot making $\frac{1}{4}$ turn to right, cha-cha-cha to right on right-left-right
- 29-32 (change hands with partner) left foot step across front of right making $\frac{1}{4}$ turn to right, rock back on right foot making $\frac{1}{4}$ turn to left, cha-cha-cha to left on left-right-left
- 33-36 (change hands with partner) right foot step across front of left making $\frac{1}{4}$ turn to left, pivot $\frac{3}{4}$ turn to left (drop hands) cha-cha-cha to right on right-left-right
- 37-44 **MAN:** Step forward on left foot, pivot $\frac{1}{2}$ turn to right cha-cha-cha forward left-right-left step forward on right, left cha-cha-cha forward right-left-right
LADY: (following behind man) step back on right foot, rock forward on left foot cha-cha-cha forward on right-left-right step forward on left, right, cha-cha-cha forward on left-right-left
- 45-52 **MAN:** (following behind lady) step forward on left foot, pivot $\frac{1}{2}$ turn to right cha-cha-cha forward on left-right-left step forward on right, left, cha-cha-cha forward right-left-right
LADY: Step forward on right foot, pivot $\frac{1}{2}$ turn to left cha-cha-cha forward on right-left-right step forward left, right, cha-cha-cha forward left-right-left
- 53-60 **MAN:** Step forward on left foot, rock back on right foot cha-cha-cha backwards on left-right-left step back on right, left, cha-cha-cha back on right-left-right
LADY: (following facing man) step forward on right foot, pivot $\frac{1}{2}$ turn to left, cha-cha-cha forward on right-left-right step forward on left, right, cha-cha-cha forward left-right-left
- 61-68 **MAN:** (following facing lady) step back on left foot, rock forward on right foot cha-cha-cha forward on left-right-left step forward on right, left, cha-cha-cha forward right-left-right
LADY: Step forward on right foot, rock back on left foot, cha-cha-cha backwards on right-left-right step back on left, right, cha-cha-cha backwards on left-right-left
- Rejoin in Ballroom position**
- 69-72 **MAN:** Step forward on left, rock back on right, cha-cha-cha on spot left-right-left

LADY: Step back on right foot, rock forward on left foot, cha-cha-cha on spot right-left-right

REPEAT
