

# 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**

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