

# Feel Free

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Craig Bennett (UK), Kate Sala (UK) & Johnny Two-Step (UK)  
音樂: I Wish I Knew How It Would Feel To Be Free - Sharlene Hector



## WALK, WALK, MAMBO STEP, SWEEP BACK, SWEEP BACK, TOUCH, UNWIND ½ TURN

1-2      Walk forward on right, left  
3&4      Rock forward on right, rock back on left, step back on right  
5-6      Sweep step left round from front to back, repeat with right  
7-8      Touch left toe behind right, unwind ½ turn left, (weight ending on left)

## WALK, WALK, MAMBO STEP, SWEEP BACK, SWEEP BACK, TOUCH, UNWIND ¼ TURN

1-2      Walk forward on right, left  
3&4      Rock forward on right, rock back on left, step back on right  
5-6      Sweep step left round from front to back, repeat with right  
7-8      Touch left toe behind right, unwind ¼ turn left, (weight ending on left)

## CROSS, SIDE, SAILOR STEP, CROSS, ½ TURN INTO CHASSE

1-2      Cross step right over left, step left to left side  
3&4      Cross step right behind left, step left to left side, step right in place  
5-6      Cross step left over right, turn ¼ left stepping back on right  
7&8      Turn ¼ left stepping left to left side, step right next to left, step left to left side

## CROSS, SIDE, SAILOR STEP, CROSS, ¼ TURN, TRIPLE ¾ TURN

1-2      Cross step right over left, step left to left side  
3&4      Cross step right behind left, step left to left side, step right in place  
5-6      Cross step left over right, turn ¼ left stepping back on right  
7&8      Triple ¾ turn left on left, right, left

## ROCK STEP, SHUFFLE ½ TURN, ROCK STEP, SHUFFLE

1-2      Rock forward on right, rock back on left  
3&4      Shuffle ½ turn right on right, left, right  
5-6      Rock forward on left, rock back on right  
7&8      Shuffle forward on left, right, left

## ROCK STEP, TRIPLE ¾ TURN, ROCK STEP, COASTER CROSS

1-2      Rock forward on right, rock back on left  
3&4      Triple step ¾ turn right on right, left, right  
5-6      Rock forward on left, rock back on right  
6&8      Step back on left, step right next to left, cross step left over right

## SWAY RIGHT, LEFT, BEHIND SIDE CROSS, SWAY LEFT, RIGHT, BEHIND SIDE CROSS

1-2      Step right to right side swaying hips right, sway hips left  
3&4      Cross step right behind left, step left to left side, cross step right over left  
5-6      Step left to left side swaying hips left, sway hips right  
7&8      Cross step left behind right, step right to right side, cross step left over right

## SIDE, TOGETHER, FORWARD, SHUFFLE, ROCK STEP, SHUFFLE ½ TURN (8 & 1 YOU HAVE STARTED AGAIN)

1-2-3      Step right to right side, step left next to right, step forward on right  
4&5      Shuffle forward on left, right, left

6-7

Rock forward on right, rock back on left

8&

Turn  $\frac{1}{2}$  right stepping forward on right, step left next to right

**REPEAT**

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