

Born Free

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Tracy Dean (UK)
音樂: California Dreamin' - The Mamas & The Papas



SIDE ROCK CROSS SHUFFLE, ROCK. ROCK, ½ TURN SHUFFLE

1-2 Step left to left side, rock weight onto left, rock weight onto right
3&4 Cross left over right, step right to right side, cross left over right
5-6 Step forward on right, rock weight onto right, rock weight back onto left
7&8 ½ turn right shuffle. (leading right left right)

ROCK, ROCK, ¾ TURN, ½ TURN, STEP. POINT

9-10 Rock forward on left, rock weight back onto right
11&12 ¾ turn shuffle over left shoulder, leading left, right, left
13&14 ½ turn shuffle over left shoulder, leading right, left, right
15-16 Step back on left, point right toe to right side

WEAVE LEFT, POINT, WEAVE RIGHT POINT

17-20 Step right behind left, step left to left side, step right across left, point left toe to left side
21-24 Step left behind right, step right to right side, step left across right, point right toe to right side

ROCK, ROCK, ½ TURN SHUFFLE, LEFT JAZZ-BOX

25-26 Step forward on right, rock weight onto right, rock weight back onto left
27&28 ½ turn, shuffle, over right shoulder, leading right, left, right
29-32 Step left across right, step back on right step left next to right, step right forward

ROCK, ROCK, ½ TURN SHUFFLE TWICE

33-34 Rock forward on left, rock weight back onto right
35&36 ½ turn shuffle over left shoulder, leading, left, right, left
37-38 Rock forward on right, rock weight back onto left
39&40 ½ turn shuffle over right shoulder, leading, right, left, right

ROCK, ROCK, ¾ TURN

41-42 Rock forward on left, rock weight back onto right
43&44 ¾ turn shuffle over left shoulder leading, left, right, left

FULL TURN LEFT, ½ TURN SHUFFLE

45-46 Stepping forward on right, spin ½ turn left, step back on left, spin ½ turn left (option walk forward right, left.)
47&48 ½ turn shuffle over left shoulder, leading right. Left, right

ROCK, ROCK, LEFT SHUFFLE, ROCK, ROCK, ½ TURN SHUFFLE

49-50 Rock back on left, rock forward onto right
51&52 Left shuffle forward (step forward on left, step right next to left, step forward onto left)
53-54 Step right forward, rock weight onto right, rock weight back onto left
55&56 ½ turn shuffle over right shoulder leading, right, left, right

FULL TURN RIGHT, SHUFFLE, ½ STEP PIVOT, RIGHT SHUFFLE

57-58 Stepping forward on left, spin ½ turn right, step back on right, spin ½ turn right (option walk forward left, right)
59&60 Left shuffle forward, (step forward on left, step right next to left, step forward on left)
61-62 Step forward onto right, pivot ½ turn left (weight on left)

63&64

Right shuffle forward (step forward on right, step left next to right step forward on right)

REPEAT
