Everybody's Free

COPPER KNOB

拍數: 64

牆數:4

級數: Intermediate

編舞者: Debbie Pugh (UK) & Steve Rutter (UK) - August 2007

音樂: Sound of Freedom (feat. Gary Pine & Dollarman) (Radio Edit) - Bob Sinclar & Cutee B.



56 Count Intro?

Choreographers Note: Note that it is the Radio Edit you need lasting 3:20 approx, as opposed to the Album version which lasts 4:59 approx.

Section 1	Kick-Ball-Step Back, Knee Pop, Hold, Cross Behind, Unwind ¾ Turn Right, Side Step, Drag.
1&2	Kick right forward, Jump slightly back on right, left (feet shoulder width apart).
3-4	Pop right knee in towards left, hold.
5-6	Cross right behind left, unwind a three-quarter turn right (weight ending on right).
7-8	Step left large step to left side, drag right up towards left (no weight).
Section 2	Ball-Cross, Toe Touch, Hitch, Toe Touch, Hold, Hitch With ½ Turn Left, Toe Touch, Hold, Step Forward, Heel Swivel.
&1	Step weight down onto right, cross left over right.
2&3	Touch right toe to right side, hitch right knee up in front of left (knee will point towards left corner), Touch right toe to right side.
4	Hold.
&5 6	Hitch right knee making a half turn left, touch right toe to right side. Hold.
7&8	Step right in front of left (not crossed over but directly in front), swivel both heels outwards, swivel both heels back to centre. (Weight stays on left).
Section 3 1-2	Side Rock, Sailor Step With ¼ Turn Right, ¼ Turn, Drag, Ball-Cross, Side Step. Rock right to right side, recover weight onto left.
3&4	Cross right behind left, make a quarter turn right stepping left beside right, step right beside left.
5-6	Make a quarter turn right stepping left to left side, drag right next to left (weight remains on left)
&7	Step weight down onto right, cross left over right.
8	Step right to right side.
Section 4	Back Rock, Shuffle ½ Turn Right, Back Rock, Kick-Ball-Step.
1-2	Rock back on left, recover weight forward on to right.
3&4	Make a half turn right stepping on left, right, left.
5-6	Rock back on right, recover weight forward onto left.
7&8	Kick right foot forward, step right beside left, step left forward.
Section 5	Forward Rock, Ball-Cross, Unwind ½ Turn Right, Forward Rock, Shuffle ¾ Turn Left.
1-2	Rock forward on right, recover weight back onto left.
&3	Step back on right, cross left over right.
4	Unwind a half turn right (weight on right).
5-6	Rock forward on left, recover weight back onto right.
7&8	Make a three-quarter turn left stepping on left, right, left.
Section 6	Stomp, Hold, Mashed Potato Steps, Kick-Ball-Touch, Twist ¼ Turn Left.
1-2	Stomp right forward, hold.
&3	Split heels apart, bring heels in towards each other and at same time bring right foot slightly behind left.
&4	Split heels apart, bring heels in towards each other and at same time bring left foot slightly behind right (weight on left).
5&6	Kick right foot forward, close right beside left, touch left toe out to left side.

7&8 Twist heels right, twist heels back to centre, twist heels right making a quarter turn left (Left toe will now be pointing forward).

Section 7 Kick, Flick, Cross Shuffle. Side Rock, Chasse Right.

- 1-2 Kick left forward, flick left out to left side.
- 3&4 Cross left over right, step right to right side, cross left over right.
- 5-6 Rock right to right side, recover weight onto left.
- 7&8 Step right to right side, close left beside right, step right to right side.

Section 8 Cross Behind, Toe Touch, Kick-Ball Touch, Kick, Flick, Syncopated Jazz Box.

- 1-2 Cross left behind right, touch right toe to right side.
- 3&4 Kick right forward, step right beside left, touch left toe to left side.
- 5-6 Kick left forward, flick left out to left side.
- 7&8 Cross left over right, step back on right, step left to left side.

Begin Again.