

Love Is Free

拍數: 32 牆數: 4 級數: Improver
編舞者: Audrey Watson (SCO) - February 2008
音樂: Love Is Free - Sheryl Crow : (CD: Love Is Free)



(32 Count Intro) –on main vocals

TWO Restarts: At the END of section 3 on walls 3 & 7

SECTION 1: STEP, KICK, JUMP BACK, TOUCH, 3/4 TURN BOX STEP.

- 1-2 Step fwd on right, kick left foot fwd.
- &3-4 Jump back left then right shoulder width apart, touch left toe next to right foot. (Optional clap)
- 5-6 Step left to left side, turn 1/4 left stepping right to right side.
- 7-8 turn 1/4 left stepping left to l/side, turn 1/4 left stepping right to r/side.

Easier option

- 5-6 Step left to left side, touch right next left.
- 7-8 Turn 1/4 right stepping fwd on right, scuff left foot fwd.

SECTION 2: FWD ROCK, BACK CROSS HOLD, BACK SIDE CROSS, CHASSE.

- 1-2 Rock fwd on left, recover back on right.
- &3-4 Step back on left, cross right over left, hold for a beat. (Clap hands)
- 5&6 Step back on left, step right to right side, cross left over right.
- 7&8 Step right to right side, close left next right, step right to right side.

SECTION 3: CROSS ROCK, CHASSE, CROSS UNWIND 1/2 TURN, BACK COASTER STEP.

- 1-2 Cross rock left over right, recover back on right.
- 3&4 Step left to left side, close right next left, step left to left side.
- 5-6 Cross right over left, unwind 1/2 turn left.
- 7&8 Step back on left, step right next left, step fwd on left.

Restart the dance here from the beginning on walls 3 & 7

SECTION 4: STEP SCUFF, CROSS BACK SIDE, STEP 1/2 PIVOT X2.

- 1-2 Step fwd on right, scuff left foot fwd.
- 3&4 Cross left over right, step back on right, step left to left side.
- 5-6 Step fwd on right, pivot 1/2 turn left.
- 7-8 Step fwd on right, pivot 1/2 turn left.

Start again