

# Fine & Free

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Mark Cosenza (USA) - May 2008  
音樂: Just Fine (Moto Blanco Radio Mix) - Mary J. Blige : (CD: Also works to Standard Version of this track)



Start on vocals after the beat kicks in.

Alternate Track: Be Free (Josh Harris Radio Edit) – Jason Antone

**(1 – 8) Point Fwd, Point Side, Rock Back & Hitch, Step, Fwd Rock Recover, Side Rock Recover**

1 - 4      Point R Fwd, Point R Side, Rock Back on R and Cross Hitch L in Front of R, Step Fwd L  
5 - 8      Rock Fwd R, Recover, Side Rock R, Recover

**(9 – 16) Cross Behind, Step Side, Cross & Cross, Step Side, ¼ R, Full Turn R**

1,2,3&4      Cross Rock R Behind L, Step Side L, Cross R over L, Step L next to R, Cross R over L  
5 - 8      Step Side L, Step ¼ R on R, Full Turn to R stepping back on L and Fwd on R

**(17 – 24) Rock Forward, Rock Side, Step Kick Cross, Step Back**

1 - 4      Rock L Forward, Recover, Side Rock L, Recover  
5 - 8      Facing Diagonal R, Step Fwd on L, Kick Fwd R, Cross Step R over L, Step back on L

**(25 – 32) Rock Back, Snap L Fingers, Recover, Clap Once, Rock Back, Clap Twice, Recover, Clap Once**

1, 2, 3, 4      Rock R back Diagonal R, Lean Diagonal Back & Snap R Fingers, Recover on L, Touch R Next To Left  
5, 6, 7, 8      Rock R Fwd Diagonal R, Lean Diagonal Fwd & Snap R Fingers, Recover on L, Touch R Next To Left

**(33 – 40) Step Fwd, ½ Turn, ¼ Turn Bump & Bump, Cross L over R, ¼ Turn, ½ Turn, Shuffle**

1 - 2      (Squaring off to 3:00 wall) Step Fwd R, ½ Pivot Turn L shifting weight to L  
3&4      Stepping ¼ L on R, Bump Hips R, L, R  
5 - 8      Cross L over R, Pivot ¼ L and Step Down on R, Shuffle Fwd L, R, L

**(41 – 48) ¼ Jazz Box Right, Step ½ Turn, Step ¼ Turn**

1 - 4      Cross Step R over L, Step back L & Pivot ¼ R, Step R fwd, Step L fwd  
5 - 8      Step forward on Right, Pivot 1/2 turn Left, Step forward on Right, Pivot 1/4 turn Left (Weight to L)

**(49 – 56) Diagonal: Walk R, L, Tap Step, Back, R, L, R, Non-Diagonal Coaster Step**

1 - 4      Facing L Diagonal, walk fwd R, L, Tap Step R foot behind L Heel, Step back on R  
5 - 6      Step back on L, Step back on R  
7&8      Squaring off to wall, Step back L, Step R next to L, Step fwd L

**(57 – 64) Step Kick Ball Change, Walk, Step Kick Ball Change, Walk**

1, 2&3, 4      Step fwd R, Kick L fwd, Step down on ball of L, Step R Fwd, Step L next to R  
5, 6&7, 8      Step fwd R, Kick L fwd, Step down on ball of L, Step R Fwd, Step L next to R

Begin Again