

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