

Bells Of Freedom

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Alison Carrington (UK) - July 2008
音樂: The Bells of Freedom - BWO



INTRO: Wait for 16 counts then do following:

- 1-2 Step on right as bend knees & turn $\frac{1}{4}$ left as straighten knees & heel dig with left
- 3-4 Step on left as bend knees & heel dig with right as straighten knees (9:00 wall)
- 5-6 Step on right as bend knees & turn $\frac{1}{4}$ left as straighten knees & heel dig with left
- 7-8 Step on left as bend knees & heel dig with right as straighten knees (6:00 wall)
- 9-10 Step on right as bend knees & turn $\frac{1}{4}$ left as straighten knees & heel dig with left
- 11-12 Step on left as bend knees & heel dig with right as straighten knees (3:00 wall)
- 13-14 Step on right as bend knees & turn $\frac{1}{4}$ left as straighten knees & heel dig with left
- 15-16 Step on left as bend knees & heel dig with right as straighten knees (12:00 wall)

THE MAIN DANCE

Walk, Walk, Shuffle, Walk, Walk, Shuffle

- 1-3&4 Walk forward right, left, step right forward, bring left to right, step right forward
- 5-7&8 Walk forward left, right, step left forward, bring right to left, step left forward

Kick, Behind, Rock & Cross, Kick, Ball, Cross, Step & Slide

- 1-3&4 Kick right to right, bring right behind left, rock onto left, rock onto right, cross left over right
- 5&6-8 Kick right forward, step on right, cross left over right, step right to right & slide left to right

Touch, Hold, Touch, Hold, Walk Back, Back, Unwind $\frac{1}{2}$ Turn

- 1-2&3-4 Touch left to left, hold, bring left to right & touch right to right & hold
- &5-8 Bring right to left, walk back left, right & bring left behind right & unwind $\frac{1}{2}$ turn left

Side Rock, Behind, Side, Cross, Kick, Ball, Cross Twice

- 1-2-3&4 Rock right to right, rock onto left, bring right behind left, step left to left, cross right over left
- 5&6-7&8 Kick left forward, step on left, cross right, kick left forward, step on left, cross right

Step, Heel Dig, Step, Heel Dig, Step $\frac{1}{2}$ Turn, Step $\frac{1}{2}$ Turn

- 1-2 Step on left bending knees slightly, heel dig right as straighten legs
- 3-4 Step on right bending knees slightly, heel dig left as straighten legs
- 5-6 Step left forward & make $\frac{1}{2}$ turn over right, stepping on right
- 7-8 Step left forward & make $\frac{1}{2}$ turn over right, stepping on right

Step, Heel Dig, Step, Heel Dig, Step $\frac{1}{4}$ Turn, Stomp, Stomp

- 1-2 Step on left bending knees slightly, heel dig right as straighten legs
- 3-4 Step on right bending knees slightly, heel dig left as straighten legs
- 5-6-7-8 Make a $\frac{1}{4}$ turn right stepping on left, right, stomp in place on left then right

Left, Lock, Left, Lock, Left, Rock Forward, Back, $\frac{3}{4}$ Turn

- 1-2-3&4 Step left forward, lock right to left, step left forward, step right to left, step left forward
- 5-6-7&8 Rock right forward, rock left back, make $\frac{3}{4}$ to turn right on right, left, right

Side, Rock, Behind, Side, Cross, Step, Touch, Step, Touch

- 1-2-3&4 Rock left to left, rock on right, bring left behind right, step right to right, cross left over right
- 5-6-7-8 Step right to right, touch left to right, step left to left, touch right to left

REPEAT

TAG: Done AFTER count 64 (step, touch, step, touch) on walls 1, 3, 5 (facing back wall each time)

1-4 Hip bump right, left, right, left or make full hip circles as you wish

ENDING: At end of dance on last wall (front) do up to count 24 where you will unwind ½ turn and slide a big step to right on right & pose to finish
