Must Get Free

拍數: 32	牆數: 4	級數: High Intermediate

編舞者: Dan McInerney (UK) - September 2009

音樂: Silk - Rachel Stevens : (Album: Funky Dory)

Starts: After 16 counts / 9 seconds as she starts to sing "Dangerous is you to me…"

WALK, WALK WALK, TURN, STEP TURN
1-2 ☐ Towards R diagonal, step L forward and slightly across R (01:30)
3, 4 ☐ Step R forward and slightly across L, step L forward and slightly across R
5-6 ☐ Step R forward and make a 1/2 turn L (weight ends on R) (07:30)
7, 8 ☐ Step weight forward onto L, Make 1/2 turn L stepping R back (01:30)

TURN, SWEEP SWEEP, ROCK RECOVER, TURN SWEEP
1-2 ☐ Make 1/2 L stepping L forward, sweep R around and in front of L and step onto it (07:30)
3, 4 ☐ Sweep L around and in front of R and step onto it, sweep R around and in front of L
5, 6 ☐ Rock forward onto R, recover weight back onto L
7, 8 ☐ Make 1/2 turn R stepping R forward, continue into another 1/2 turn R sweeping L around (07:30)

(OPTION: on the last two counts, instead of the two turns, sweep R behind into a sailor step 7&8)

WALK, WALK WALK, SPIRAL, SIDE BEHIND
1-2 ☐ Continuing the sweep, make 1/8 turn R finishing with the weight on L (slightly across R) (09:00)
3, 4 ☐ Making 1/4 R step R forward, making 1/4 R step L to L side (03:00)
5-6 ☐ Cross R over left as you make a full spiral turn R (03:00)
7, 8 ☐ Step L to L side, step R behind L

(NOTE: counts 1-2, 3 and 4 are a simple walk around)
(OPTION: on count 5, simply cross R across L and hold for count 6)

SWAY, SWAY SWAY, TURN, TURN SIDE
1-2 ☐ Stepping L to L side sway hips L over 2 counts
3, 4 ☐ Sway hips R, sway hips L
5-6 ☐ Make a 1/4 turn R as you step R forward, hold for count 6 (06:00)
7, 8 ☐ Make 1/2 turn R as you step L back, make 1/4 turn stepping R to R side (03:00)

REPEAT

RESTART:
16 counts into 4th wall (started facing 09:00), start the dance again facing 03:00

TAG:
16 counts into 8th wall (started facing 12:00), dance the tag and then start the dance again from the beginning
(TAG) SPIRAL TURN, STEP, SWEEP
1, 2 ☐ Step L forward as you make a full spiral turn R (facing R diagonal)
3, 4 ☐ Step R forward, sweep L around as you begin the dance again from the start