

Freedom

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate WC Rhythm
編舞者: Bracken Heidenreich (USA) & Nancy Morgan (USA) - August 2010
音樂: Free - Rizon : (CD: Free - The Remixes)



Start: On vocals

WALK, WALK, SIDE-ROCK-CROSS, SIDE-ROCK-CROSS, OUT-OUT-IN-CROSS

1,2 Walk forward – Right, Left
3&4 Rock Right out to Right side and recover in place to Left, cross/step Right over Left
5&6 Rock Left out to Left side and recover in place to Right, cross/step Left over Right
&7&8 Step Right out to Right side; step Left out to Left side (feet should be shoulder width apart);
step Right to center; cross Left over Right

BOUNCE 3 IN ½ TURN, ROCK BACK, CROSS, BACK AND CROSS, SIDE

1&2 Bounce heels 3 times as you turn ½ turn to Right (weight ends on Left) (Facing 6:00)
3,4 Rock Right back; recover in place to Left
5,6 Cross Right over Left; step back on Left
&7,8 Step Right to Right side; cross Left over Right; step Right to right side

TOUCH, STEP, SWIVEL, STEP-OUT, ROCK HIPS RIGHT- LEFT, BRING RIGHT KNEE UP ¼ TURN TO RIGHT, STEP FORWARD

1,2 Touch Left next to right; Step Left to left side (pointing Left toes to Left)
3&4 Swivel heels to left; (&) Step Right next to left; Step Left to left side
5,6 Rock hips to Right, Rock hips to Left
7 Make ¼ turn right bringing Right knee up as you lean slightly back on Left (Right leg should be in passé [figure 4] position. Push Right hand forward into a STOP position, bring Left hand up by your waist and close to your body, with hand in a stop position) (Facing 9:00)
8 Step forward on Right

STEP BACK ½ TURN TO RIGHT, STEP BACK, COASTER STEP, WALK,WALK, SHUFFLE FORWARD

1,2 Step back on Left as you turn ½ turn to right; Step back Right (Facing 3:00)
3&4 Step back on Left; back on Right; forward on Left
5,6 Walk forward Right, Left
7&8 Shuffle forward – Right,Left,Right

KICK-BACK-TOUCH, KICK-BACK-TOUCH, BUMP TURN-STEP, BUMP TURN-STEP

1&2 Kick Left foot forward; step back on Left; touch Right next to Left
3&4 Kick Right foot forward; step back on Right, touch Left next to Right
5&6 Touch Left to left side bumping hips left; (&) Bring hips center; Step on Left as you turn ¼ turn to Right (Facing 6:00)
7&8 Touch Right to right side bumping hips right; (&) Bring hips center; Step Right forward as you turn ¼ turn to Right (Facing 9:00)

HALF PIVOT, SHUFFLE FORWARD, AND TOGETHER CROSS, QUARTER, HALF

1,2 Step Left forward; Pivot half turn right (Facing 3:00)
3&4 Shuffle forward – Left,Right,Left
&5,6 (&) Step Right to right side; (5) Step Left next to right; (6) Step Right across (in front of) left
7,8 Make 1/4 turn right as you step Left back; Make 1/2 turn right as you step Right forward (Facing 12:00)

CAMEL WALK

- 1,2,3 (1) Step Left forward; (2) Lift Left heel up and slide Right instep under Left foot; (3) Lift Right heel up as you set Left heel down
- 4,5,6 (4) Step back diagonally right on Right; (5) Lift Right heel up and slide Left instep under Right foot; (6) Lift Left heel up as you set Right heel down
- 7,8 Step Left back diagonally; Touch Right next to left

STEP, BEHIND, BALL CROSS UNWIND (HALF), RIGHT KICK, STEP BACK, TOUCH, LOOK RIGHT, CENTER

- 1,2 Step Right to right side and slightly forward; Step Left behind right
- &3,4 (&) Step Right to right side; (3) Step Left across (in front of) right; (4)Unwind 1/2 turn right, weight ending on left (Facing 6:00)
- 5&6 Kick Right forward; & Step Right back; Touch Left forward with knee popped
- 7,8,& Head looks right; Head looks center' (&) Step forward on Left

Begin Again!

Tag: (On Wall 3 - You will be facing 6:00 or the wall behind you when you start (the 2nd time you hit that wall))

- 1,2,3 Step Right shoulder-width from Left, bringing arms crossed in front, then up and out to sides
- 4 & Step Right back, bringing elbows back and fists to waist; (&) Step forward on Left

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