

# 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

**Email: [Bracken@moveinline.com](mailto:Bracken@moveinline.com) - Website: [www.MoveInLine.com](http://www.MoveInLine.com)**

**Email: [nancymorgan@hotmail.com](mailto:nancymorgan@hotmail.com) - Website: [www.morgans-linedance-mania.org](http://www.morgans-linedance-mania.org)**

---