

Free Fallin'

COPPER KNOB
BY STEPHEN BRETZ

拍數: 32 牆數: 2 級數: Advanced Contemporary / WCS
編舞者: Rachael McEnaney (USA) & Deborah Szekely (USA) - August 2011
音樂: Free Fallin' (Live) - John Mayer : (Album: Where the Light Is - Live in Los Angeles)



Count In: 32 counts from start of track – dance begins on vocals “good” Approx 89bpm

Notes: There is 1 tag at end of 1st wall.

Sheet notes: Step sheet was prepared by Rachael McEnaney (details above).

[1 – 8] Walk R, hold, walk L, hold, R syncopated jazz box, side R, cross L

1, 2, 3, 4 Step forward on right (1), hold (2), step forward on left (3), hold (4)

Styling: Cross each foot very slightly in front of the other – make sure you HOLD 12.00

5 & 6 & Cross right over left (5), step back on left (&), step right to right side (6), cross left over right (&) 12.00

7 - 8 Step right to right side (7), cross left over right (8) 12.00

[9 – 16] Full turn to R, full turn to L, big step to L, cross R, steps back with sweeps, lunge prep R, full turn fwd L

& 1 Using weight in both feet rise up on balls of feet making full turn to right (&), lower heels & soften knees completing turn (1) (body is prepped to right) 12.00

2 & Rise up slightly on balls of feet making full turn to left (2), lower right heel softening knees (&) 12.00

3 - 4 Push off right foot taking big step to left with left foot (3), cross right over left (soften knees) (4) 12.00

& 5, 6 Step back on left (soft knee) sweeping right foot round (&), step back on right (soft knee) sweeping left foot round (5), step back on left (soft knee) sweeping right foot round (6) 12.00

7 Step back on right foot bending both knees (left is still slightly forward) as you sway upper body almost ¼ turn to right (7) 12.00

& 8 & Step forward on left (&), make ½ turn left stepping back on right (8), make ½ turn left stepping forward on left (&) 12.00

[17 – 24] Press lunge fwd R, recover, ½ turn R, ¾ syncopated turn R, L cross rock side, 'elvis' knees

1 - 2 Press forward with bent knee on right foot (angle upper body left) (1), recover weight onto left (2), 12.00

3 a 4 Make ½ turn right stepping forward on right (3), make ½ turn right stepping back on left (a – a is a count after &), make ¼ turn right stepping right to right side 3.00

5 & 6 Cross rock left over right (5), recover weight onto right (&), step left to left side (6) Styling: Make these counts feel like a “triple step” roll through the balls of the feet 3.00

7 – 8 Pop right knee in towards left (hip goes left, but still a little weight on ball of right) (7), pop left knee in toward right (hip goes right but still a little weight on ball of left) “Elvis style knee pops” 3.00

[25 – 32] Cross behind R, step L to L side, oversway upper body to L, full turn R, L mambo, touch back R, ½ turn

& 1, 2 Take weight into ball of left as you cross right foot behind left (&), step left to left side (soften knee) (1), sway all of upper body ¼ turn to left (2) 3.00

3 Make ¾ turn to right transferring weight onto right foot bringing left leg up to right calf in figure 4 position (3) 12.00

4 & 5 Rock forward on left (4), recover weight onto right (&), step back on left (5))

Styling: Make these counts feel like a “triple step” roll through the balls of the feet 12.00

6, 7, 8 Touch right toe back (bending both knees slightly) (6), make ½ turn to right rising up on balls of feet (7), lower heels down taking weight back onto left (8)

OPTION: If you would like to add more styling or make it a little harder you could make 1 ½ turns to right

(spiral) – or more 6.00

TAG: At the end of wall 1 you will be facing back – do the following 8 count tag

- 1, 2, 3, 4 Step forward on right (1), hold (2), step forward on left (3), kick right foot to right diagonal (4)
6.00
- & 5 Step right next to left (&), step forward on left (step onto outside edge of foot rolling knee to
left) (5) 6.00
- & 6 Step forward on right (step onto outside edge of foot rolling knee to right) (&), step forward
onto ball of left (6) 6.00
- 7 - 8 Push off left foot and take big step back on right (7), step left next to and slightly behind right
(8) 6.00

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