

Free

拍數: 64 牆數: 2 級數: Intermediate Cha Cha
編舞者: Travis Taylor (AUS) & Adrian Lefebour (AUS) - April 2014
音樂: Free (feat. Emeli Sandé) - Rudimental : (Album: Home)



32 Count Intro:

Step Fwd, Side Rock, Cross Samba, Fwd Rock, Back Lock Back

1-2-3 Step fwd on R, Rock L to L side, Replace weight on R
4&5 Cross L over R, Rock R to R side, Replace weight on L

Note: □ Travel Counts 1-5 fwd

6-7 Rock fwd on R, Replace weight on L
8&1 Step back on R, Lock/Cross L over R, Step back on R (12:00)

1/2, 1/4, Sailor Step, Behind, Side, Cross Shuffle

2-3 1/2 L Step L fwd, 1/4 L Step R to R side (3:00)
4&5 Step L behind R, Step R to R side, Step L to L side
6-7 Step R behind L, Step L to L side
8&1 Cross R over L, Step L together, Cross R over L

Side Rock, Behind 1/4 Fwd, Rocking Chair

2-3 Rock L to L side, Replace weight on R
4&5 Step L behind R, 1/4 R Step R fwd, Step L fwd (6:00)
6-7 Rock fwd on R, Replace weight on L
8-1 Rock back on R, Replace weight on L

Step, Turn, Step, Back, Drag, Hold, Coaster Step, Ball Step

2-3 Step fwd on R, 1/2 L Pivot weight on L
4 1/2 L Step back on R (6:00)
5-6 Step back on L whilst starting to drag L towards R, Hold for Count 6 (Continuing drag)
7&8&1 Step back on R, Step L together, Step fwd on R, Step L together, Step fwd on R *R*

Pivot Turn, Cross Side Behind Sweep, Hold, Tuck, Step Lock Step

2-3 Step fwd on L, 1/4 R Pivot weight on R (9:00)
4&5-6 Cross L over R, Step R to R side, Step L behind R whilst starting to sweep R around, Hold
7 Step/Lock/Tuck R behind the L foot (getting ready to turn into 7:30)
8&1 1/8 L Step fwd on L, Lock R behind L, Step fwd on L (7:30)

Fwd Rock, 1/2 Shuffle Fwd, Step Spiral, Step Lock Step

2-3 Rock fwd on R, Replace weight on L
4&5 1/2 R Step fwd on R, Step L together, Step R fwd (1:30)
6-7 Step L fwd (Prep), Spiral a Full turn R while leaving weight on L (R foot should end hooked)
8&1 Step fwd on R, Lock L behind R, Step R fwd (1:30)

Side Rock, Cross Back Back, Cross, Back, 1/4 Side Shuffle 1/4

2-3 Rock L to L side, Replace weight on R (straighten/square up on 3:00)
4&5 Cross L over R, Step R to R side, Step back on L
6-7 Cross/Lock R over L, Step back on L,
8&1 1/4 R Step R to R side, Step L together, 1/4 R Step R fwd (6:00)

Step, Turn, Side Shuffle, Back Rock, Step Lock Step

2-3 Step L fwd, 1/2 R Pivot weight on R (6:00)
4&5 1/4 R Step L to L side, Step R together, Step L to L side

6-7 Rock back on R, Replace weight on L
8& Step fwd on R, Lock L behind R

There is only 1 Restart in this dance, during Wall 2 On Count 32& (12:00)

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