Count: 64
Wall: 2
Level: Improver
Choreographer: Adam Åstmar (SWE) - March 2015
Music: Jag Är Fri - Jon Henrik Fjällgren

Intro: 32 Counts from where they start jojking (right after the drum solo)

## Sect - 1: ROCK FORWARD, COASTER STEP, $1 / 2$ PIVOT, ROCK FORWARD, STEP

1-2 Rock $R$ forward, recover to $L$
3 \& $4 \quad$ Step $R$ back, step $L$ next to $R$, step $R$ forward
5-6 Step $L$ forward, turn 1/2 pivot to the right (6:00)
7-8 \& Rock L forward, recover to $R$, step $L$ next to $R$
Sect - 2: ROCK FORWARD, COASTER STEP, $1 / 4$ TURN, CROSS, SIDE ROCK, RECOVER
1-2 Rock R forward, recover to $L$
3 \& 4 Step $R$ back, step $L$ next to $R$, step $R$ forward
5-6 Step L forward, turn $1 / 4$ to the right (9:00)
7 \& $8 \quad$ Cross $L$ over $R$, rock $R$ to right side, recover to $L$
Sect - 3: CROSS SHUFFLE, SIDE ROCK, RECOVER, CROSS SHUFFLE, 3/4 TURN
1 \& 2 Cross $R$ over $L$, step $L$ next to $R$, cross $R$ over $L$
3-4 Rock $L$ to left side, recover to $R$
5 \& $6 \quad$ Cross $L$ over R, step $R$ next to $L$, cross $L$ over $R$
7-8 Turn 1/4 to the left with $R$, turn 1/2 to the left with $L$ (12:00)
Sect - 4: ROCK FORWARD, COASTER STEP, BACK, HITCH, STEP, 1/4 TURN
1-2 Rock R forward, recover to $L$
3 \& 4 Step $R$ back, step $L$ next to $R$, step $R$ forward
5 \& 6 Step $L$ back, lift $R$ knee up, step $R$ forward
7-8 Step L forward, turn $1 / 4$ to the right (3:00)
Sect - 5: CROSS, HOLD, \& CROSS, SIDE ROCK, RECOVER, LEFT WEAVE
1-2 \& $3 \quad$ Cross $L$ over R, hold, step $R$ beside $L$, cross $L$ over $R$
4-5 Rock $R$ to right side, recover to $L$
6\& 7-8 Cross $R$ over $L$, step $L$ to left side, cross $R$ behind $L$, step $L$ to left side
Sect - 6: CROSS, HOLD, SIDE STEP, HEEL, HOLD, CROSS STEP, $1 / 4$ TURN, COASTER HEEL, STEP
1-2 Cross $R$ over $L$, hold
\& 3-4 Step L slightly to left side, touch heel diagonally forward to the right, hold
\& 5-6 Step R next to $L$, cross $L$ over R, turn 1/4 to the left (12:00)
7 \& 8 \& Step $L$ back, step $R$ next to $L$, touch $L$ heel forward, step $L$ next to $R$
Sect - 7: STEP FORWARD, HOLD, STEP BACK, POINT FORWARD, HOLD, STEP, $1 / 2$ PIVOT, SHUFFLE 1/2 TURN
1-2 Step R forward, hold
\& 3-4 Step L back, point $R$ toe forward, hold
\& 5-6 Step $R$ next to $L$, step $L$ forward, turn $1 / 2$ pivot to the right (6:00)
7 \& $8 \quad$ Shuffle forward while turn $1 / 2$ to the right stepping $L, R, L$ (12:00)
Sect - 8: ROCK BACK, RECOVER, $1 / 4$ SCISSOR STEP, SIDE ROCK, RECOVER, SAILOR $1 / 4$ TURN
1-2 Rock R back, recover to $L$
3 \& $4 \quad$ Turn $1 / 4$ left stepping right to side. Step left behind right. Cross right over left (9:00)
5-6 Rock L to left side, recover to $R$

Tag: At wall 4 after section 1, the Tag begins. Restart after tag.
HIP SWAYS, HOLD
1-2-3-4 Step $L$ to left side and sway hips $L, R, L$, hold

Ending: (At section 5, wall 4, after 3 counts)<br>STEP TURN 1 / 2 STEP<br>1 \& 2 Step $R$ forward, turn $1 / 2$ to the left, step $R$ next to $L$ (12:00)

Have fun!
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