

O' Free Spirit

Count: 32

Wall: 4

Level: Beginner

Choreographer: William Sevone (UK)

Music: Guardian Angel - Carlene Carter



2X CROSS ROCK-ROCK-TRIPLE STEP, (12:00)

- 1-2 Cross rock left foot over right, rock onto right foot
- 3&4 (On the spot) triple step ½ left stepping left-right-left
- 5-6 Cross rock right foot over left, rock onto left foot
- 7&8 (On the spot) triple step ½ right stepping right-left-right

ROCK, ROCK, 2X BACKWARD STEP-LOCK-STEP, ½ LEFT ROCK FORWARD, ROCK, (6:00)

- 9-10 Rock forward onto left foot, rock onto right foot
- 11&12 Step backward onto left foot, lock right foot across front of left, step backward onto left foot
- 13&14 Step backward onto right foot, lock left foot across front of right, step backward onto right foot
- 15-16 Turn ½ left & rock forward onto left foot, rock onto right foot

4X SHORT BACKWARD STEPS WITH EXPRESSION, ½ LEFT STEP FORWARD, ROCK FORWARD, ROCK-¼ RIGHT-CROSS STEP, (3:00)

- 17-18 (Short step) walk backward: left foot, right foot, (dipping left & right shoulder alternately)
- 19-20 (Short step) walk backward: left foot, right foot, (dipping left & right shoulder alternately)
- 21-22 Turn ½ left & step forward onto left foot, rock forward onto right foot
- 23&24 Rock onto left foot, turn ¼ right & step right foot next to left, cross step left foot over right

SIDE STEP SWAY, SWAY, CHASSE RIGHT, ROCK BEHIND, ROCK, SIDE STEP SWAY, SWAY, (3:00)

- 25-26 Swaying body to right-step right foot to right side, sway body to left
- 27&28 Step right foot to right side, step left foot next to right, step right foot to right side
- 29-30 Cross rock left foot behind right, rock onto right foot
- 31-32 Swaying body to left-step left foot to left side, sway body to right

REPEAT

DANCE FINISH

The dance will finish during the music fade on count 16 of the 10th wall (facing 9:00). To finish dance facing the 'home' (12:00) wall and with a flourish replace counts 15-16 with the following:

- 15-16 Turn ¼ left & rock left foot to left, rock onto right foot

Then step left foot next to right with left hand on hat brim & right hand on right hip.