

Freespirt

Count: 48

Wall: 4

Level: Intermediate

Choreographer: Eddie Ainsworth (UK) & Helen O'Malley (IRE)

Music: Single White Female - Chely Wright



Dedicated to Cheryl German, Our good friend on her birthday

RIGHT KICK ¼ TURN, LEFT KICK, OUT OUT TWICE, MOVING FORWARD LEFT KICK AND TOUCH, RIGHT KICK AND TOUCH

- 1&2 Kick right foot forward, as you step down on right make ¼ turn right, kick left forward
- &3 Step back and slightly diagonally on left, step back diagonally on right
- &4 Repeat counts & 3
- 5&6 Kick left forward, step forward on left, point right toe to right side
- 7&8 Kick right forward, step forward on right, point left toe to left side

STEP ¼ TURN, JAZZ BOX, KNEE POPS & HIPS ROLLS

- &9 Step left foot beside right, and step right foot forward
- 10 Pivot on balls of both feet ¼ turn left
- 11&12 Cross right over left, step back on left, step right to right side
- 13-14 Pop left into center, as you straighten left knee, pop right knee into center
- &15&16 As you straighten right knee, roll hips to the right twice

STEP LOCK, ANKLE ROCKS, STEP FORWARD, LOCK, ½ TURN HEEL TAP

- 17-18 Step forward left, lock right behind left
- 19&20 Rock ankles left, right, left
- 21-22 Step forward left, lock right behind left
- 23&24 Unwind ½ turn right, as you tap heel 3 times

RIGHT LOCK STEP BACK, LEFT LOCK STEP BACK, WALK, WALK, OUT. OUT TWICE

- 25&26 Step right foot diagonally back, lock left in front of right, step back on right
- 27&28 Step left foot diagonally back, lock right in front of left, step back on left
- 29-30 Walk right forward, walk left forward
- &31&32 Still moving forward, step out right left, right left

BODY SWAY, CHASSE, TWICE

- 33-34 Sway body right, left
- 35&36 Step right to right side, close left beside right, step right to right side
- 37-38 Repeat counts 33 - 34 starting with left
- 39&40 Repeat counts 35 & 36 starting with left

ROCK STEP ¾ SHUFFLE TURN, FULL TURN, LEFT CHASSE

- 41-42 Rock forward on right, rock back on left
- 43&44 Triple step ¾ turn over right shoulder on right, left, right
- 45-46 Step left to left side, pivoting on ball of left foot make ½ turn over right shoulder stepping right to right side
- 47&48 Pivoting on ball of right foot make ½ to right stepping left to left side, step right next to left, step left to left side

REPEAT