

# Single And Free

Count: 32

Wall: 4

Level: High Beginner

Choreographer: Ivan Rundgren (SWE) - July 2025

Music: Cotton Eye Joe (Single And Free) - STOCKHOLM COWBOYS, Dotter, Victor  
Crone & Stig Råsta



Intro: 16 C, For goodies please see the bottom of the step sheet

## SEC. 1 WALK R L, STOMP, SWIVELS OUT, SWIVELS IN, STEP, TOUCH, STEP, TOUCH, OUT, OUT

- 1 – 2 Walk fwd R (1) walk fwd L (2)
- 3 & 4 Stomp fwd R (3) swivel R heel to R and L heel to L side(&) swivel R heel back to center and swivel R heel back to center (4)
- 5 & 6 & Step R to R side (5) touch L beside R (&) step L to L side (6) touch R beside L (&)
- 7 – 8 Step R diagonal fwd R (7) step L diagonal fwd L (8)

## SEC. 2 STEP, TOUCH, BACK, KICK, R COASTER, STEP, TOUCH, BACK, KICK, L COASTER

- 1 & 2 & Step fwd R (1) touch L beside R (&) step back on L (2) kick fwd R (&)
- 3 & 4 Step back on R (3) step L beside R (&) step fwd R (4)
- 5 & 6 & Step fwd L (5) touch R beside L (&) step back on R (2) kick fwd L (&)
- 7 & 8 Step back on L (7) step R beside L (&) step fwd L (8)

\* Restart here during wall 5 facing front wall

## SEC. 3 CROSS ROCKS , SIDE STEP, CROSS ROCKS , SIDE STEP R AND L

- 1 & 2 & Cross step R over L (1) recover to L (&) step R to R side (2) recover to L (&)
- 3 & 4 Cross step R over L (3) recover to L (&) longer step R to the R side (4)
- 5 & 6 & Cross step L over R (5) recover to R (&) step L to L side (6) recover to R (&)
- 7 & 8 Cross step L over R (7) recover to R (&) longer step L to the L side (8)

## SEC. 4 JAZZ BOX 1/4 TURN R, CHASE, CROSS ROCK, SIDE

- 1 – 2 Cross step R over L (1) step back on L (2)
- 3 – 4 1/4 turn R stepping R to R side (3) cross step L over R (4) (3:00)
- 5 & 6 Step R to R side (5) step L beside R (&) step R to R side (6)
- 7 & 8 Cross step L over R (7) recover to L (&) longer step L to L side (8)

\* Restarts: Wall 5 starts facing (12:00) dance 16 C then restart, still facing (12:00)

Note: Your music and step suggestions are always much appreciated and welcome. Please send them by email or in the comments at the bottom of the step sheet!

Start over again!

Have fun & happy dancing

Please do not change anything in this step-sheet. If you want to use this somewhere else, you need to make sure that it's in original form and nothing's missing, such as contact details etc.

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