

# Free The Heart

Count: 32

Wall: 4

Level: Improver

Choreographer: Sylvia Schell (USA)

Music: Adventures In Paradise - Ace of Base



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## **CROSS, SIDE, SAILOR, STEP, ½ TURN LEFT, TRIPLE RIGHT**

- 1-2 Cross left over right, step right
- 3&4 Cross left behind right, step right to right, step in place with left
- 5-6 Step forward right, pivot ½ turn to left
- 7&8 Triple right (right, left, right)

## **CROSS, SIDE, SAILOR, STEP, ½ TURN LEFT, TRIPLE RIGHT**

- 1-2 Cross left over right, step right
- 3&4 Cross left behind right, step right to right, step in place with left
- 5-6 Step forward right, pivot ½ turn to left
- 7&8 Triple right (right, left, right)

## **WALK LEFT, RIGHT, HIP ROLLS, RIGHT, BEHIND & HEEL & CROSS**

- 1-2 Walk forward left, right
- 3-4 Roll hips to the right (weight ending on left)
- 5-6& Step right to right, cross behind with left, hop onto right
- 7&8 Touch left heel forward, hop back on left, cross right over left (weight goes to right)

## **LEFT, BEHIND & HEEL & CROSS, STEP, ¼ TURN LEFT, TRIPLE RIGHT**

- 1-2& Step left to left, cross behind with right, hop onto left
- 3&4 Touch right heel forward, hop back on right, cross left over right (weight goes to left)
- 5-6 Step forward right, pivot ¼ turn left
- 7-8 Triple right (right, left, right)

**REPEAT**

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