

Free

Count: 32

Wall: 2

Level: Improver

Choreographer: Alan Birchall (UK) - July 2010

Music: Free - Seal : (CD: Soul)



Start: On Lyrics – 16 counts

FRONT, SIDE, BEHIND, ¼ TURN, STEP, ROCK, RECOVER, COASTER STEP

- 1-2 Cross Left Over Right, Right To Right
- 3&4 Left Behind Right, Making ¼ Turn Step Right To Right, Step Forward On Left 3 'o' clock
- 5-6 Rock Forward On Right, Recover On Left
- 7&8 Step On Right, Step Left Beside Right, Step Forward On Right

RUMBA BOX, SIDE, TOGETHER, SIDE, TOGETHER, SIDE

- 9&10 Step Left To Left, Right Beside Left, Step Forward On Left
- 11&12 Step Right To Right, Step Left By Right, Step Back On Right
- 13-14 Step Left To Left, Right Beside Left Note: Add Cuban Hips
- 15&16 Step Left To Left, Right By Left, Step Left Note: Add Cuban Hips

CROSS ROCK, RECOVER, SIDE, TOGETHER, ¼ TURN, SCISSOR STEPS

- 17-18 Cross Rock Right Over Left, Recover On Left
- 19&20 Step Right To Right, Step Left To Right, Making ¼ Turn Right Step Forward Right 6 'o' clock
- 21&22 Step Left To Left, Step Right By Left, Cross Left Over Right
- 23&24 Step Right To Right, Step Left By Right, Cross Right Over Left

BACK, SIDE, CROSS SHUFFLE, SWAY, RECOVER, BEHIND, POINT

- 25-26 Extended Step Back On Left, Step Right To Right
- 27&28 Cross Left Over Right, Step Right To Right, Cross Left Over Right
- 29-30 Sway Right To Right, Recover On Left
- 31-32 Cross Right Behind Left, Point Left Back To Left Diagonal

START AGAIN
