

Free to Be Me

Compte: 32

Mur: 2

Niveau: Absolute Beginner

Chorégraphe: Lucy Cooper (UK) - October 2023

Musique: Freedom! '90 - George Michael



Intro: Start after 16 counts (about 10 sec)

Side, Tap Behind x 4

- 1 2 Step R to R side, touch L behind R
- 3 4 Step L to L side, touch R behind L
- 5 6 Step R to R side, touch L behind R
- 7 8 Step L to L side, touch R behind L

(Optional arms: Rotate arms in a circle and throw down towards each tapped foot.)

Swivels to forward R diagonal, Swivels to back R diagonal

- 1&2 Step R to forward R diagonal swivelling heels right, left, right
- 3&4 Swivel heels left, right, left
- 5&6 Step R to back R diagonal swivelling heels right, left, right
- 7&8 Swivel heels left, Right, Left

(Option to do hip bumps instead if dancers would rather not swivel)

Walk, Walk, Walk, Point, Back, Back, Back, Point

- 1 2 Walk R, walk L
- 3 4 Walk R, point L to L side
- 5 6 Back L, back R
- 7 8 Back L, point R to R side

Forward Point x 2, Paddle 1/8 L x 4

- 1 2 Step R forward, point L to L side
- 3 4 Step L forward, point R to R side
- 5-8 Touch R to side (5) push off it to recover weight L turning 1/8 L (&) x 4

(Optional arms: Roll arms as you push around on 5-8) (6.00)

REPEAT
