

# Freedom

**COPPER** KNOB  
STEPSHEETS

拍数: 96      墙数: 4      级数: Phrased Intermediate  
编舞者: Trine Haukø Lund (NOR) - January 2018  
音乐: Freedom! '90 - George Michael : (Album: Listen Without Prejudice/MTV  
Unplugged - Deluxe - 2017)



**Intro: 16 counts - Sequence of dance: A - A-A-B - A-A-B - A-A-B - A**

## **Part A: 64 counts**

### **Section A1: Mambo left, mambo right, mambo fwd, mambo backw**

1&2      Rock LF to L, recover on RF, step LF next to RF  
3&4      Rock RF to R, recover on LF, step RF next to LF  
5&6      Rock LF forward, recover on RF, step LF next to RF  
7&8      Rock RF backwards, recover on LF, step RF next to LF

### **Section A2: Shuffle 1/2 turn R, shuffle 1/2 turn R, step 1/4 turn R, cross, scissor step**

1&2      Turn 1/4 R(3:00), step LF to L, step RF next to LF, turn 1/4 R(6:00), step LF backwards  
3&4      Turn 1/4 R(9:00), step RF to R, step LF next to RF, turn 1/4 R(12:00), step RF forward  
5&6      Step LF forward, turn 1/4 R(3:00), recover on RF, cross LF in front of RF  
7&8      Step RF to R, step LF next to RF, cross RF in front of LF

### **Section A3: Skate L-R, shuffle, skate R-L, shuffle**

1-2      Step LF diagonal forward to L, step RF diagonal forward to R (skate)  
3&4      Step LF diagonal forward to L, step RF next to LF, step LF forward  
5-6      Step RF diagonal forward to R, step LF diagonal forward to L (skate)  
7&8      Step RF diagonal forward to R, step LF next to RF, step RF forward

### **Section A4: mambo L fwd, sailor 1/4 turn R, kick L fwd, rock R, kick R fwd, rock L**

1&2      Rock LF forward, recover on RF, step LF slightly backwards  
3&4      Turn 1/4 R(6:00), step RF backwards, step LF next to RF, step RF to R  
5&6&      Kick LF forward, step LF next to RF, rock RF to R, recover on LF  
7&8&      Kick RF forward, step RF next to LF, rock LF to L, recover on RF

### **Section A5: Make a full round and walk L-R, shuffle, R-L, shuffle**

1-2      Walk LF forward. Walk RF forward  
3&4      Step LF forward, step RF next to LF, step LF forward, end facing 12:00  
5-6      Walk RF forward, walk LF forward  
7&8      Step RF forward, step LF next to RF, step RF forward, end facing 6:00

### **Section A6: Rock L fwd, recover R, step L backw, coaster step R, make a square and step R-L-R-L**

1&2      Rock LF forward, recover on RF, step LF backwards  
3&4      Step RF backwards, step LF next to RF, step RF forward  
5-6      Step LF to L, turn 1/4 R(9:00), step RF to R  
7-8      Turn 1/4 R(12:00), step LF to L, turn 1/4 R(3:00), step RF to R

### **Section A7: Rock L backw, recover, rock R backw, recover, rock L, recover R, cross L, 1/2 turn L, cross R**

1&2      Rock LF backwards, recover on RF, step LF next to RF  
3&4      Rock RF backwards, recover on LF, step RF next to LF  
5&6      Rock LF to L, recover on RF, cross LF in front of RF  
7&8      Turn 1/4 L(12:00), step RF backwards, turn 1/4 L(9:00), step LF to L, cross RF in front of LF

### **Section A8: Kick ball cross X 2, walk full round L-R-L-R**

1&2      Kick LF diagonal forward L, step LF next to RF, cross RF over LF

3&4 Kick LF diagonal forward L, step LF next to RF, cross RF over LF  
5-8 Walk full round L, start with LF, end facing 9

**Part B: 32 counts**

**Section B1: Stand on both feet, raise hands, 1/4 L, step R, raise hands**

1-4 Stand on both feet, raise both hands, palms up, towards the sky  
5-8 Turn 1/4 L(12:00), step RF to R, raise both hands, palms up, towards the sky

**Section B2: 1/4 L, step R, raise hands, mambo L-R**

1-4 Turn 1/4 L(9:00), step RF to R, raise both hands, palms up, towards the sky  
5&6 Rock LF to L, recover on RF, step LF next to RF  
7&8 Rock RF to R, recover on LF, step RF next to LF

**Section B3: Stand on both feet, raise hands, 1/4 L, step R, raise hands**

1-4 Stand on both feet, raise both hands, palms up, towards the sky  
5-8 Turn 1/4 L(6:00), step RF to R, raise both hands, palms up towards the sky

**Section B4: 1/4 L, step R, raise hands, mambo L-R**

1-4 Turn 1/4 L(3:00), step RF to R, raise both hands, palms up, towards the sky  
5&6 Rock LF to L, recover on RF, step LF next to RF  
7&8 Rock RF to R, recover on LF, step RF next to LF

**Part B starts every time he sings the word freedom. First time facing 3 o'clock**

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