

Free Spirit

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Hayley Wheatley (UK) - September 2021
音乐: Riding Free (Spirit: Riding Free) - Maisy Stella



Intro: 24 Counts (start on lyrics)

Restarts on walls 1 and 3, Modified restart on wall 6

Choreographed for a charity line dance event in Timsbury, Bath to celebrate the life of our dear friend Heather Church. This dance is dedicated to Heather, one of the sweetest free spirits anyone could ever meet.

S1: SIDE, BEHIND, SWAY, RECOVER, BEHIND, SIDE, CROSS, UNWIND FULL TURN

- 1-2 Step RF to R side (1), Step LF behind R (2) 12:00
- 3-4 Rock onto RF while swaying hips to R side (3), Recover onto LF (4) 12:00
- 5-6 Step RF behind LF (5), Step LF to L side (6) 12:00
- 7-8 Cross RF over LF (7), Unwind full turn L, weight ending on LF (8) 12:00

S2: SHUFFLE ¼ TURN, SHUFFLE ½ TURN, STEP, POINT, BALL ROCK, RECOVER WITH SWEEP

- 1&2 Step back onto RF making ¼ turn L (1), Close LF beside RF (&), Step back onto RF (2) 9:00
- 3&4 Step LF to L side making ¼ turn L (3), Close RF beside LF (&), Step fwd onto LF making ¼ turn L (4) 3:00
- 5-6 Step fwd onto RF (5), Point L toe to L side (6) 3:00
- &7,8 Close LF beside RF(&), Rock fwd onto RF (7), Recover onto LF while ronde sweeping RF around front to back (8) 3:00

S3: STEP BACK, CLAP, STEP BACK CLAP, STEP BACK, CLAP X2, SAILOR STEP ¼ TURN, STEP FWD, PIVOT ½ TURN

- 1&2& Step back on RF angling shoulder to 7:30 (1), clap hands (&), Step back on LF angling shoulder to 10:30 (2), clap hands (&) 3:00
- 3&4 Step back on RF (3), Clap hands twice (&4), 3:00
- 5&6 Step Lf behind RF making ¼ turn L (5), Step RF to R side (&), Step Lf to L side (6) 12:00
- 7-8 Step fwd onto RF (7), Pivot ½ turn L (8), 6:00

S4: STEP DIAGONAL, APPLE JACKS, SIDE ROCK, RECOVER, LOCK STEP FORWARD

- 1-2 Step RF to R diagonal (1), Close LF beside RF (2) 6:00
- 3&4& Weight on R ball of foot and weight on L heel (3), swivel to the L, Recover to centre (&)Weight on L ball of foot and weight on R heel swivel to the R (4), recover to centre (&), (weight finishes on LF) 6:00

Alternative Option- For those that don't enjoy apple jacks instead replace with: 3- Swivel R heel out, &- bring RF beside L, 4- Swivel L heel out, &- bring Lf beside R

- 5-6 Rock RF to R side (5), recover onto LF (6) 6:00
- 7&8 Step fwd onto RF (7), Lock LF behind RF (&), Step fwd on RF (8) 6:00

***RESTART. On wall 6, Replace counts 7&8 with two walks forward R, L (7-8) and restart the dance facing 12:00**

S5: ROCK FORWARD, RECOVER, HITCH, TURN, HITCH, TURN, COASTER STEP, TOUCH BEHIND

- 1-2 Rock fwd onto LF (1), Recover onto RF (2), 6:00
- &3&4 Hitch L knee up (&), Make ½ turn L stepping LF fwd (3), Hitch R knee up (&), make ½ turn L stepping RF back (4) 6:00
- 5-6-7 Step back onto LF (5), Step RF beside LF (6), Step fwd onto LF (7) 6:00
- 8 Touch R toe back behind LF and bring R arm back to slap the air behind you, (with hand clasped) as if whipping an imaginary horse (8), 6:00

***RESTART here on walls 1 and 3 facing 6:00**

S6: SIDE, SAILOR STEP, CROSS, SCISSOR STEP, HEEL BALL CROSS

1, 2&3 Step RF to R side (1), Step LF behind RF (2), Step RF to R side (&), Step LF to L side (3)
6:00
4, Cross RF over LF (4) 6:00
5&6 Step LF to L side (5), Close RF beside Lf (&), Cross LF over RF (6) 6:00
7&8 Tap R heel fwd (7), Step back onto RF (&), Cross LF over RF (8) 6:00

Ending: On wall 8 finish count 16 facing 9:00, instead of sweeping, step RF to R side into a large step 1/4 turn R to face 12:00. Slide LF to meet R for a big finish
