

Born Free

拍数: 32 墙数: 4
编舞者: Markus Eiselt (DE) - April 2022
音乐: Born Free - Kid Rock

级数: Beginner Country ECS



Restart: on Wall 4 & 8 after 16 counts

Start the dance after 32 counts

S1. Step r forward tip l, step l forward tip r, step r back tip l, step l back tip r,

- 1-2 Step forward with your right foot and tap left with your left
- 3-4 Step forward with left foot and tap right with right
- 5-6 Step back with right foot and tap left with left
- 7-8 Step back with your left foot and tap your right foot

S2. Side chasse r, side chasse with 1/4 turning l, side chasse with 1/4 turning r, side chasse with 1/4 turning l

- 1&2 Take a step to the right with your right foot, step your left foot next to your right and take a step to the right again with your right foot
- 3&4 1/4 turn to the left, step left foot to left and step right to left, then step left again to left
- 5&6 1/4 turn to the right, step right foot to right and step left to right, then step right again to right
- 7&8 1/4 turn to the left, step left foot to left and step right to left, step left again to left

S3. Rocking Chair r, Jazz Box

- 1-2 Step forward with right foot, lift left slightly, and return weight to left foot
- 3-4 Step back with right foot, lift left slightly, and return weight to left foot
- 5-6 Cross your right foot over your left, step back with your left
- 7-8 Step your right foot to the right, then step your left foot next to your right

S4. V-Step, 1/2 turning l, 1/2 tuning l

- 1-2 Step forward with your right foot, stepping your left next to your right
 - 3-4 Step back with right foot, then step left next to right
 - 5-6 Step forward with right foot, then rotate 1/2 to the left
 - 7-8 Step forward with right foot, then rotate 1/2 to the left
-