

Get Free

拍数: 64 墙数: 2 级数: Phrased Intermediate
编舞者: Angéline Fourmage (FR), Maryse Fourmage (FR), Gwendoline HOPIN (FR) &
Marianne Langagne (FR) - May 2025
音乐: Get Free - ILUKA



Intro: On the lyrics 'Put all'

Sequence: A(48)-B(16)-A(46)-B(16)-B(16)-A(32)-Tag(4)-B(16)-B(16)

Part A: 48c

[1-8] Sailor-Step, Sailor-Step, Point, ½ L Point, Jazz-Box syncoped

- 1 Cross RF behind LF
- & LF to the L side
- 2 RF to the R side
- 3 Cross LF behind RF
- & RF to the R side
- 4 LF to the L side
- 5 Point RF to the R side
- 6 Make 1/2 L with R Point to the R side
- 7 Cross RF over LF
- & LF to the back
- 8 RF to the R side
- & Cross LF over RF

[9-16] Toe-strut Back, Ball, Rock-Step, Walk, ½ R, Triple-Step

- 1 Point RF Back
- 2 Down your R Heel (Option Body-Roll)
- & LF next to RF
- 3 RF Back
- 4 Recover to LF
- 5 RF FW
- 6 Make ½ R with LF Back
- 7 Triple-Step ½ R: Make ¼ R with RF to the R Side
- & LF next to RF
- 8 Make ¼ R with RF FW (Option with 1 Snap)

[17-24] Walk, Walk, Step turn ¼ R, Cross, ¼ L, Hitch, ¼ L, Hitch, Mambo Side

- 1 LF FW
- 2 RF FW
- 3 LF FW
- & Make ¼ R
- 4 Cross LF over RF
- 5 Make ¼ L with RF back
- & L Hitch
- 6 Make ¼ L with LF to the L side
- & R Hitch
- 7 Cross RF over LF
- & Recover to LF
- 8 RF to the R side

[25-32] Sailor step, Sailor step ¼ R, Step turn ½ R, Hitch, Run, Run, Run

1	Cross LF behind RF
&	RF to the R side
2	LF to the L side
3	Cross RF behind LF
&	Make ¼ R with LF Back
4	RF FW
5	LF FW
6	Make ¼ R
&	L Hitch
7	LF FW
&	RF FW
8	LF FW (*Tag)

[33-40] Heel Grind, Together, Step Fwd , Point, Walk, Out, Out, In, In

1	R heel FW
2	Recover to LF
&	RF back
3	LF FW
4	Point RF to the R side
5	RF FW
6	LF FW
&	RF to the R side
7	LF to the L side
&	RF to the center
8	LF next to RF

[41-48] Side-Rock, Sailor-Step, Cross Rock, Point L, Walk

1	RF to the R side with 1/8 L (L point up) (10.30)
2	Recover To LF with 1/8 R (12.00)
3	Cross RF behind LF
&	LF to the L side
4	RF to the R side
5	Cross LF over RF
&	Recover to RF
6	Point LF to the L side (* Part B)
7	LF FW
8	RF FW

Part B: 16c

[1-8] Walk, ½ L, Coaster-Step, ¼ L, Sweep, Cross, ¼ R, Ball-Step

1	LF FW
2	Make ½ L with RF Back
3	LF Back
&	RF next to LF
4	LF FW
5	Make ¼ L with RF to the R side with L Sweep from front to the back
6	Cross LF behind RF
7	Make ¼ R with RF FW
&	LF next to the RF
8	RF FW

[9-16] Cross Rock, Chassé, Weave, Touch

1	Cross LF over RF
2	Recover to RF

3 LF to the L side
& RF next to LF
4 LF to the L side
5 Cross RF behind LF
& LF to the L side
6 Cross RF over LF
& LF to the L side
7 Cross RF behind LF
8 Touch LF next to RF (For start part A make L Stomp next to RF)

Tag [1-4] Cross, Back, Back, Cross, Back, Back Touch

1 Cross RF over LF
& LF Back
2 RF Back
& Cross LF over RF
3 RF Back
4 Touch LF next to RF

Smile et enjoy the dance

Contacts:

maellynedance@gmail.com

eujeny_62@yahoo.fr

gwendoline.hopin@yahoo.com

Last Update: 17 May 2025
