

I'm Free

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Intermediate/Advanced nightclub
编舞者: Pat Stott (UK)
音乐: Electricity - Elton John



BACK, RECOVER, SIDE, CROSS, ¼ TURN LEFT STEPPING BACK, ¼ TURN LEFT STEPPING LEFT TO LEFT SIDE, CROSS, RECOVER, ¼ TURN RIGHT, FULL TURN RIGHT TRAVELING FORWARD

- 1&2 Rock right behind left, recover forward on left, large step to right
- 3&4 Cross left over right, turn ¼ to left stepping back on right, turn ¼ to left stepping left to left
- 5&6 Cross right over left, recover on left, turn ¼ to right stepping forward on right
- 7&8 Turn ½ to right stepping back on left, turn ½ to right stepping forward on right, step forward on left

FORWARD, RECOVER, CLOSE, FORWARD, RECOVER, CLOSE, STEP, ½ PIVOT, FULL TURN LEFT TRAVELING FORWARD

- 1-2& Rock forward on to right (rising onto ball of right), recover back on left, close right to left
- 3-4& Rock forward on to left (rising onto ball of left), recover back on right, close left to right
- 5-6 Step forward on right, pivot ½ turn to left transferring weight to left
- 7&8 Turn ½ left stepping back on right, pivot ½ to left stepping forward on left, step forward on right

MAMBO STEP, SWEEP, COASTER STEP, MAMBO STEP, SWEEP, COASTER STEP, STEP FORWARD

- 1&2 Rock forward on left, recover on right, step back on left
- & Sweep right foot from front to back
- 3&4 Step back on right, close left to right, step forward on right
- 5-8 Repeat steps 1-4
- & Step forward on left

TURN ¼ TURN LEFT STEPPING LARGE STEP TO RIGHT, ROCK BACK, RECOVER, LARGE STEP TO LEFT, ROCK BACK, RECOVER, SIDE, BEHIND, ¼ TURN RIGHT, PIVOT ½ TO RIGHT WITH LEFT RAISED BEHIND RIGHT IN A FIGURE 4 POSITION, LARGE STEP TO LEFT, SLIDE RIGHT TOWARDS LEFT

- 1-2& Turn ¼ to left stepping right to right (large step), rock left behind right, recover on right
- 3-4& Step left to left (large step), rock right behind left, recover on left
- 5&6 Step right to right, cross left behind right, turn ¼ to right stepping forward on right
- & Pivot ½ to right on ball of right foot raising left behind right in a figure 4 position
- 7-8 Step large step to left, slide right very slowly towards left - weight remains on left

For style lean body towards the right as you slowly bring the right towards the left

REPEAT

ENDING

Cross right behind left and turn to face the front on the word "free"