

I Am Free

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Lady Lee (UK)
音乐: We Are Free (feat. Izzy) - Gladiator



ROCK RIGHT, CROSS SHUFFLE, ROCK LEFT, CROSS SHUFFLE

- 1-2 Rock right to right side, recover weight onto left
- 3&4 Cross right over left, step left to left side, cross right over left
- 5-6 Rock left to left side, recover weight onto right
- 7&8 Cross left over right, step right to right side, cross left over right

RIGHT KICK BALL CHANGE TWICE, ROCK, RECOVER, SHUFFLE ½ TURN RIGHT

- 1&2 Kick right forward, place weight onto ball of right, place weight onto left
- 3&4 Kick right forward, place weight onto ball of right, place weight onto left
- 5-6 Rock forward onto right, recover weight onto left
- 7&8 Shuffle ½ turn over right shoulder on right, left, right

For steps 7&8 the alternative is 3 ½ turns over right shoulder on right, left, right

ROCK LEFT, CROSS SHUFFLE, ROCK RIGHT, CROSS SHUFFLE

- 1-2 Rock left to left side, recover weight onto right
- 3&4 Cross left over right, step right to right side, cross left over right
- 5-6 Rock right to right side, recover weight onto left
- 7&8 Cross right over left, step left to left side, cross right over left

ROCK LEFT, SAILOR ½ TURN LEFT, ROCK RIGHT, SAILOR STEP

- 1-2 Rock left to left side, recover weight onto right
- 3&4 Step left behind right making a ¼ turn left, step right next to left making a ¼ turn left, step left next to right
- 5-6 Rock right to right side, recover weight onto left
- 7&8 Step right behind left, step left next to right, step right next to left

SKATE, SKATE, SAILOR STEP, SKATE, SKATE, SAILOR ½ TURN RIGHT

- 1-2 Skate forward on left, skate forward on right
- 3&4 Step left behind right, step right next to left, step left next to right
- 5-6 Skate forward on right, skate forward left
- 7&8 Step right behind left making a ¼ turn right, step left next to right making a ¼ turn right, step right next to left

ROCK, RECOVER, BACK, LOCK, BACK, ROCK, RECOVER, STEP, LOCK, STEP

- 1-2 Rock forward on left, recover weight onto right
- 3&4 Step back on left, lock right over left, step back on left
- 5-6 Rock back on right, recover weight onto left
- 7&8 Step forward on right, lock left behind right, step forward on right

ROCK, RECOVER, BEHIND & CROSS, ROCK RECOVER, BEHIND & CROSS

- 1-2 Rock left to left, recover weight onto right
- 3&4 Step left behind right, & cross left over right
- 5-6 Rock right to right, recover weight onto left
- 7&8 Step right behind left, & cross right over left

ROCK, RECOVER, COASTER STEP, KICK & POINT, BEHIND & CROSS

- 1-2 Rock forward on left, recover weight onto right

3&4 Step back on left, step back on right, step forward on left
For steps 3&4 the alternative is a full triple turn over left shoulder on left, right, left
5&6 Kick right forward, place right next to left, point left to left side
7&8 Step left behind right, & cross left over right

REPEAT

TAG

Repeated 4 times at the end of wall two. You will end facing wall 1

OUT, IN, PLACE, TOUCH, OUT, IN, TURN, HOLD

1-2 Touch right to right side, touch right next to left
3-4 Step right to right side, touch left next to right
5-6 Touch left to left side, touch left next to right
7-8 Step left to left with a ¼ turn left, hold

OUT, IN, PLACE, TOUCH, OUT, IN, COASTER STEP

1-2 Touch right to right side, touch right next to left
3-4 Step right to right side, touch left next to right
5-6 Touch left to left side, touch left next to right
7&8 Step back on left, step back on right, step forward on left

Then you carry on with the dance two more times
