

Free Me

拍数: 64 墙数: 4 级数: Improver
编舞者: Robbie McGowan Hickie (UK)
音乐: Wastin' Time With You - Carlene Carter



SIDE, TOGETHER, FORWARD, HOLD, ROCK HALF TURN RIGHT, HOLD

- 1-2 Step left to left side, step right beside left, (weight on right)
- 3-4 Step forward on left, hold for 1 count
- 5-6 Rock forward on right, rock back on left
- 7-8 Step back on right turning half turn right, hold for 1 count, (facing 6:00)

SIDE, TOGETHER, FORWARD, HOLD, ROCK HALF TURN RIGHT, HOLD

- 1-8 Repeat above counts 1-8, (now facing 12:00)

LEFT LOCK STEP FORWARD, HOLD, 4 X HIP BUMPS

- 1-4 Step forward on left, lock right behind left, step forward on left, hold for 1 count
- 5-6 Touch right toe forward bumping hips forward, bump hips back
- 7-8 Bump hips forward, bump hips back, (weight on left)

SLOW RIGHT COASTER STEP, HOLD, STEP, PIVOT FULL TURN RIGHT, HOLD

- 1-4 Step back on right, step left beside right, step forward on right, hold for 1 count
- 5-6 Step forward on left, pivot ½ turn right
- 7-8 Step forward on left turning ½ turn right completing full turn, hold for 1 count, (facing 12:00)

Easier option

- 5-8 Rock forward on left, rock back on right, step back on left, hold

HALF TURN RIGHT, HOLD, HALF TURN RIGHT, HOLD, SLOW RIGHT COASTER STEP, HOLD

- 1-2 Step back on right turning half turn right, hold for 1 count
- 3-4 Step forward on left turning half turn right, hold for 1 count
- 5-8 Step back on right, step left beside right, step forward on right, hold for 1 count, (facing 12:00)

WEAVE RIGHT, 3 X TOE TOUCHES

- 1-2 Cross step left over right, step right to right side
- 3-4 Cross left behind right, step right to right side
- 5-6 Cross step left over right, touch right toe out to right side
- 7-8 Touch right toe forward, touch right toe out to right side

BEHIND, QUARTER TURN LEFT, STEP FORWARD, HOLD, STEP, PIVOT HALF TURN RIGHT, STEP FORWARD, HOLD

- 1-2 Sweep/cross right behind left, step left to left side turning quarter turn left
- 3-4 Step forward on right, hold for 1 count, (facing 9:00)
- 5-6 Step forward on left, pivot half turn right
- 7-8 Step forward on left, hold for 1 count, (facing 3:00)

RIGHT SCISSORS STEP, HOLD, 4 X HIP BUMPS

- 1-2 Step right to right side, slide left beside right and slightly back
- 3-4 Cross step right over left, hold for 1 count
- 5-8 Step left slightly left bumping hips left, bump hips right, bump hips left, bump hips right (weight ends on right) (facing 3:00)

REPEAT

