

Feel the Freedom

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Novice - WCS
編舞者: Barbara Seelt (NL) - October 2014
音樂: The Freedom Song - Jason Mraz



[1-8] Walk R L, Rock Recover, Full Turn L, $\frac{3}{4}$ L Cross Shuffle

1, 2 step RF forward, step LF forward
3&4 rock RF forward, recover on LF, step RF back
5, 6 turn $\frac{1}{2}$ L whilst stepping LF forward, turn $\frac{1}{2}$ L whilst stepping RF behind
7&8 turn $\frac{3}{4}$ L whilst crossing LF over RF, step RF to R, cross LF over RF (3:00)

[9-16] Touch, Step, Hitch, Jazz Box $\frac{1}{4}$ L, Hold, $1\frac{1}{4}$ R

1, 2 touch RF to R, cross RF over LF (facing slightly to 1:30)
3 hitch L knee whilst turning $\frac{1}{4}$ R (facing slightly to 4:30)
4& cross LF over RF, angle up to 3:00 whilst stepping back on RF
5, 6 turn $\frac{1}{4}$ L step LF to L, hold (angle up to 12:00, RF slightly pointed)
7, 8 turn $\frac{1}{4}$ R step RF forward, full turn R whilst stepping LF next to RF

(optional steps counts 7, 8: turn $\frac{1}{4}$ R step RF forward, step LF next to RF)

[17-24] Hip Bumps $\frac{1}{2}$ L, Hip Bumps, Jazz Box, Weave

1&2 touch RF forward bump R hip up, start turning $\frac{1}{2}$ L recover weight on LF, bump R hip ☐down
whilst finishing $\frac{1}{2}$ turn (9:00)
3&4 touch LF forward bump L hip up, recover weight on RF, step LF forward bump L hip ☐down
5&6 cross RF over LF, step LF back, step RF to R
7&8& cross LF over RF, step RF to R, cross LF behind RF, step RF to R

[25-32] Touch $\frac{1}{4}$ R 2x, Coaster Step Forward, Coaster Cross, Hold $\frac{3}{4}$ L

1, 2 turn $\frac{1}{4}$ R touch LF to L, turn $\frac{1}{4}$ R touch LF to L (3:00)
3&4 step LF forward, close RF next to LF, step LF behind
5&6 step RF behind, close LF next to RF, cross RF over LF
7&8 hold and turn slowly $\frac{3}{4}$ L ending up at [6:00]

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