

Free Woman

拍數: 64 牆數: 4 級數: Improver
編舞者: Janet (Zhen Zhen) Ge (CN) - June 2020
音樂: Free Woman - Lady Gaga



Intro 16 count - (No Tag & 1 Restart)

Section 1 Point, Point, Coaster Step, Point, Point, Coaster Step

12 Point right forward, point right to side
3&4 Step right back, step left together, step right forward
56 Point left forward, point left to side
7&8 Step left back, step right together, step left forward

Section 2 Fwd, 1/4 Pivot, Cross Shuffle, 1/4 Turn Back, 1/4 Turn Side, Cross Shuffle

12 Rock right forward, 1/4 pivot turn L (9:00)
3&4 Cross right over left, step left to side, cross right over left
56 1/4 Turn R stepping left back, 1/4 turn R stepping right to side (3:00)
7&8 Cross left over right, step right to side, cross left over right

Section 3 Box Step

12 Step right to side, step left together
3&4 Step right forward, step left together, step right forward
56 Step left to side, step right together
7&8 Step left back, step right together, step left back

Section 4 Rock, 1/2 Turn Back Shuffle, Rock, Fwd Shuffle

12 Rock right back, recover on left
3&4 1/2 Turn L stepping right back, step left together, step right back (9:00)
56 Rock left back, recover on right
7&8 Step left forward, step right together, step left forward (Restart*)

Restart: After 32 count on wall 3 (3:00)

Section 5 Kick Ball Point, Kick Ball Point, Cross Shuffle, 1/2 Turn Cross Shuffle

1&2 Kick right forward, step right in place, point left to side
3&4 Kick left forward, step left in place, point right to side
5&6 Cross right over left, step left to side, cross right over left
7&8 1/2 Turn L crossing left over right, step right to side, cross left over right (3:00)

Section 6 Rock, Sailor Cross, Rock, Sailor Cross

12 Rock right to side, recover on left
3&4 Cross right behind left, step left to side, cross right over left
56 Rock left to side, recover on right
7&8 Cross left behind right, step right to side, cross left over right

Section 7 Big Side, Drag, Tog, Jazz Box Step, 1/4 Turn Rock

12& Big step right to side, drag left toward left, step left together
34 Cross right over left, 1/4 turn R stepping left back (6:00)
56 Step right to side, cross left over right
78 Rock right to side, 1/4 turn L recover on left (3:00)

Section 8 Fwd Rock, Triple Full Turn, Fwd Rock, 1/2 Turn Fwd Shuffle

12 Rock right forward, recover on left

3&4 1/2 Turn R stepping right forward, step left together, 1/2 turn R stepping right forward
56 Rock left forward, recover on right
7&8 1/2 Turn L stepping left forward, step right together, step left forward (9:00)

Start Again!

Have Fun!

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