

Free Spirit

拍數: 40 牆數: 4 級數: Intermediate
編舞者: Christine Widler (AUT) & Silvia Pfister (AUT) - October 2021
音樂: Riding Free (Spirit: Riding Free) - Maisy Stella



Intro: After 16 counts of the heavy beat (2+2 walls)

shuffle diagonally fwd r+l, cross, side, sailor step

1&2 Step diagonally forward on right, Step left next to right, Step diagonally forward on right
3&4 Step diagonally forward on left, Step right next to left, Step diagonally forward on left
5-6 Cross right over left, Step left to left side
7&8 Cross right behind left, Step left to left side, Step right to right side

cross, ¼ turn l, ½ triple turn l, rock step, coaster cross

1-2 Cross left over right, ¼ turn left stepping back on right (9:00)
3&4 ¼ turn left stepping left to left side (6:00), Step right next to left, ¼ turn left stepping forward on left (3:00)
5-6 Step forward on right, Recover on left
7&8 Step back on right, Step left next to right, Cross right over left

side rock, behind-side-cross, side, hold, touch unwind ½ turn

1-2 Step left to left side, Recover on right
3&4 Cross left behind right, Step right to right side, Cross left over right
5-6 Step right to right side, Hold
7-8 Touch left behind right, ½ turn left unwind (weight on left) (9:00)

(Restart after 24 counts of Wall 5 facing [9:00])

(Restart after 24 counts of Wall 7 facing [12:00])

½ turn l, ½ turn l, ¼ turn l-side rock, cross shuffle, side rock

1-2 ½ turn left stepping back on right (3:00), ½ turn left stepping forward on left (9:00)
3-4 ¼ turn left stepping right to right side (6:00), Recover on left
5&6 Cross right over left, Step left to left side, Cross right over left
7-8 Step left to left side, Recover on right

vaudevilles l+r, rock step, coaster step

1&2& Cross left over right, Step slightly back on right to right side, Left heel to left diagonal, Step left next to right
3&4& Cross right over left, Step slightly back on left to left side, Right heel to right diagonal, Step right next to left
5-6 Step forward on left, Recover on right
7&8 Step back on left, Step right next to left, Step forward on left

TAG: At the end of Wall 2 facing [12:00]

side rock & side rock & pivot ½ turn l, pivot ½ turn l

1-2& Step right to right side, Recover on left, Step right next to left
3-4& Step left to left side, Recover on right, Step left next to right
5-6 Step forward on right, ½ pivot left (weight on left) (6:00)
7-8 Step forward on right, ½ pivot left (weight on left) (12:00)