

I Am Free

拍數: 64 牆數: 2 級數: Improver
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音樂: I Am Free - Newsboys



S1: KICK, FLICK, SHUFFLE, STEP (TWICE), SCISSOR STEP

1-2 Right Kick fw, Right Flick
3&4 Right step fw, Left together, Right step fw
5-6 Left step fw, Right step fw
7&8 Left rock to side, Right step back, Left over Right

S2: ROCK STEP, TURNING SHUFFLE, STEP (TWICE), SCISSOR STEP

1&2 Right rock fw, Recover
3&4 Turn ½ to right & Right step fw, Left together, Right step fw
5-6 Left step fw, Right step fw
7&8 Left rock to side, Right step back, Left over Right

S3: SIDE ROCK, CROSS, STEP SIDE, CROSS, PIVOT, SHUFFLE

1&2 Right rock to side, Recover
3&4 Right cross behind Left, Left step to side, Right cross over
5-6 Left step fw, Turn ½ to right
7&8 Left step fw, Right together, Left step fw

S4: STEP (TWICE), COASTER STEP, STEP (TWICE), COASTER STEP

1-2 Right step fw, Left step fw
3&4 Right step back, Left together, Right step fw
5-6 Left step fw, Right step fw
7&8 Left step back, Right together, Left step fw

S5: STEP. STOMP UP, SHUFFLE BACK, ROCK STEP BACK, PIVOT

1-2 Right step fw, Left Stomp up behind
3&4 Left step back, Right together, Left step back
5&6 Right step back, Recover
7-8 Right step fw, Turn ½ to left

S6: STEP, STOMP UP, SHUFFLE BACK, ROCK STEP BACK, PIVOT

1-2 Right step fw, Left Stomp up behind
3&4 Left step back, Right together, Left step back
5&6 Right step back, Recover
7-8 Right step fw, Turn ½ to left

S7: STEP (TRIPLE), TOUCH, RECOVER, KICK, ROCK BACK, HOOK

1-2 Right step fw, Left step fw
3-4 Right step fw, Left Touch behind
5-6 Left recover, Right Kick fw
7&8 Right step back, Recover & Left Hook

S8: ROCK STEP, TURN ½, STOMP, HITCH, STEP, KICK, STOMP

1&2 Left rock fw, Recover
3-4 Turn ½ to left & left step fw, Right Stomp near
5-6 Right Hitch out to right, Right step back
7-8 Left Kick fw, Left stomp fw

RESTART on 5th wall after 40 counts

Tag of 16 counts (twice) as a intro after 32 counts instrumental

1-2 Right Touch behind Left, Right Touch side to right

3-4 Right Heel fw (twice)

5-6 Right Kick fw (twice)

7&8 Right step, back, Left together, Right step fw

1-2 Left Touch behind Right, Left Touch side to left

3-4 Left Heel fw (twice)

5-6 Left Kick fw (twice)

7&8 Left step, back, Right together, Left step fw

ENDING: On 7th wall after 32 counts

Last Update - 6 Mar. 2022
