

Free Falling (Phrased) (Alternative)

COPPER KNOB
STEPPERS

拍數: 48 牆數: 1 級數: Phrased High Beginner
編舞者: Michael Dye (USA) - December 2024
音樂: Free Fallin' (Live) - Tom Petty & The Heartbreakers



Legend: "R"=right foot, "L"=left foot, "Right"=direction, "Left"=direction

*The Alternative is that the turns in Phrase C have been simplified to Shuffle Turns.

Intro: 16 Counts

Sequence A B, Tag 1, A B C C, A B C C C C, A B C C, Tag 2, C C C (16 cts) To End

Phrase A & B=Verse Of The Song, C=Chorus Of The Song

Phrase A (16 Counts)

[1-16] STAR RIGHT, COASTER, REPEAT LEFT

1-6 (1) R point forward, (2) side, (3) back, (4) side, (5) forward, (6) side
7&8 (7) R step behind, (&) L next to R, (8) R step forward
9-16 Repeat Counts 1-8 With L

Phrase B (16 Counts)

[1-16] SYNCOPATED VINE RIGHT & SCISSOR, REPEAT LEFT

1-2&3 (1) R to side, (2) t behind R, (&) R to side, (3) L Cross R
4-5&6 (4) R to side, (5) L behind R, (&) R to side, (6) L Cross R
7&8 (7) R to side, (&) L Step Back, (8) R Cross L
9-16 Repeat Counts 1-8 With L

Phrase C (16 Counts)

[1-16] SHUFFLE, SHUFFLE ½ TURNS, SHUFFLE, NIGHT CLUBS, ¼ PIVOT TURNS

1&2& (1) R forward, (&) L beside R, (2) R forward, (&) pause
3&4& (3) L forward, (&) R beside L ¼ Right, (4) L back ¼ turn (&) pause
5&6& (5) R back, (&) L beside R ¼ turn, (6) R turn ½ Right, (&) pause
7&8& (7) L forward, (&) R beside L, (8) L forward, (&) pause

9-10& (9) Step R to Right side, (10) cross rock L behind R, (&) recover on R
11-12& (11) Step L to Left, (12) cross rock R behind L, (&) recover on L
13-16 (13) R forward, (14) turn ¼ left, take weight onto L, (15,16) Repeat

Tag 1 (8 Counts)

1-3&4 (1) R ROCK FORWARD, (2) RECOVER, (3&4) TRIPLE STEP,
5-7&8 (5) L ROCK BACK, (6) RECOVER, (7&8) TRIPLE STEP

Tag 2 (16 Counts)

1&-6& RIGHT SYNCOPATED VINE/WEAVE
7&8& RIGHT SCISSOR, REPEAT LEFT

ALTERNATIVE TO TAG 2

1-8 8 count Right vine/weave with left touch on count 8
9-16 (no syncopation, no scissor step), repeat Left

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