

Get Free

拍數: 64 牆數: 2 級數: Phrased Intermediate
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音樂: Get Free - ILUKA



Intro: On the lyrics 'Put all'

Sequence: A(48)-B(16)-A(46)-B(16)-B(16)-A(32)-Tag(4)-B(16)-B(16)

Part A: 48c

[1-8] Sailor-Step, Sailor-Step, Point, ½ L Point, Jazz-Box syncoped

- 1 Cross RF behind LF
- & LF to the L side
- 2 RF to the R side
- 3 Cross LF behind RF
- & RF to the R side
- 4 LF to the L side
- 5 Point RF to the R side
- 6 Make 1/2 L with R Point to the R side
- 7 Cross RF over LF
- & LF to the back
- 8 RF to the R side
- & Cross LF over RF

[9-16] Toe-strut Back, Ball, Rock-Step, Walk, ½ R, Triple-Step

- 1 Point RF Back
- 2 Down your R Heel (Option Body-Roll)
- & LF next to RF
- 3 RF Back
- 4 Recover to LF
- 5 RF FW
- 6 Make ½ R with LF Back
- 7 Triple-Step ½ R: Make ¼ R with RF to the R Side
- & LF next to RF
- 8 Make ¼ R with RF FW (Option with 1 Snap)

[17-24] Walk, Walk, Step turn ¼ R, Cross, ¼ L, Hitch, ¼ L, Hitch, Mambo Side

- 1 LF FW
- 2 RF FW
- 3 LF FW
- & Make ¼ R
- 4 Cross LF over RF
- 5 Make ¼ L with RF back
- & L Hitch
- 6 Make ¼ L with LF to the L side
- & R Hitch
- 7 Cross RF over LF
- & Recover to LF
- 8 RF to the R side

[25-32] Sailor step, Sailor step ¼ R, Step turn ½ R, Hitch, Run, Run, Run

- 1 Cross LF behind RF
- & RF to the R side
- 2 LF to the L side
- 3 Cross RF behind LF
- & Make $\frac{1}{4}$ R with LF Back
- 4 RF FW
- 5 LF FW
- 6 Make $\frac{1}{4}$ R
- & L Hitch
- 7 LF FW
- & RF FW
- 8 LF FW (*Tag)

[33-40] Heel Grind, Together, Step Fwd , Point, Walk, Out, Out, In, In

- 1 R heel FW
- 2 Recover to LF
- & RF back
- 3 LF FW
- 4 Point RF to the R side
- 5 RF FW
- 6 LF FW
- & RF to the R side
- 7 LF to the L side
- & RF to the center
- 8 LF next to RF

[41-48] Side-Rock, Sailor-Step, Cross Rock, Point L, Walk

- 1 RF to the R side with $\frac{1}{8}$ L (L point up) (10.30)
- 2 Recover To LF with $\frac{1}{8}$ R (12.00)
- 3 Cross RF behind LF
- & LF to the L side
- 4 RF to the R side
- 5 Cross LF over RF
- & Recover to RF
- 6 Point LF to the L side (* Part B)
- 7 LF FW
- 8 RF FW

Part B: 16c

[1-8] Walk, $\frac{1}{2}$ L, Coaster-Step, $\frac{1}{4}$ L, Sweep, Cross, $\frac{1}{4}$ R, Ball-Step

- 1 LF FW
- 2 Make $\frac{1}{2}$ L with RF Back
- 3 LF Back
- & RF next to LF
- 4 LF FW
- 5 Make $\frac{1}{4}$ L with RF to the R side with L Sweep from front to the back
- 6 Cross LF behind RF
- 7 Make $\frac{1}{4}$ R with RF FW
- & LF next to the RF
- 8 RF FW

[9-16] Cross Rock, Chassé, Weave, Touch

- 1 Cross LF over RF
- 2 Recover to RF

3 LF to the L side
& RF next to LF
4 LF to the L side
5 Cross RF behind LF
& LF to the L side
6 Cross RF over LF
& LF to the L side
7 Cross RF behind LF
8 Touch LF next to RF (For start part A make L Stomp next to RF)

Tag [1-4] Cross, Back, Back, Cross, Back, Back Touch

1 Cross RF over LF
& LF Back
2 RF Back
& Cross LF over RF
3 RF Back
4 Touch LF next to RF

Smile et enjoy the dance

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