Born Free



拍數: 32 牆數: 4 級數: Improver

編舞者: Diana Liang (CN) - July 2025

音樂: Wo Sheng Lai Zi You (我生来自由) - Wang Yi Jia (王一佳)



Intro 36

S1: 1/8R Heel Switch Shuffle I	Ennward 1//I Haal	Switch Shuffla Earward
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1& turn 1/8 to R touching R heel forward, 1:30H, step Rf next to Lf

2& touch L heel forward, step Lf next to Rf

3&4 step Rf forward, step Lf next to Rf, step Rf forward

5& turn 1/4 to L touching L heel forward, 10:30H, step Lf next to Rf, touch R heel forward, step

Rf next to Lf

7&8 step Lf forward, step Rf next to Lf, step Lf forward

S2: 1/8R Rock Forward Recover, Coaster, Rock Forward 1/8L Recover, 3/8L, Together, 1/2L

1-2 turn 1/8 to R rocking Rf forward, 12H, recover to Lf 3&4 step Rf back, step Lf next to Rf, step Rf forward

5-6 rock Lf forward, turn 1/8 to L recovering to Rf, 10:30H

7&8 turn 3/8 to L stepping Lf forward, 6H, step Rf next to Lf, turn 1/2 to L stepping Lf forward, 12H

End here during W12, after adding a 1/4L while pointing Rf to R

S3: Cross Rock Recover 1/4R Shuffle Forward, 1/4R Pivot, Cross Shuffle

1-2 cross rock Rf over Lf, recover to Lf

3&4 step Rf to R, step Lf next to Rf, turn 1/4 to R stepping Rf forward, 3H

5-6 step Lf forward, turn 1/4 to R stepping Rf in place, 6H

7&8 cross Lf over Rf, step Rf to R, cross Lf over Rf

S4: Diagonal Press Recover, Back Side Cross, Rock 1/4R Recover, 1/2R x 2, Forward

turn 1/8 to R pressing R ball forward, 7:30H, recover to Lf
step Rf back, turn 1/8 to L stepping Lf to L, 6H, cross Rf over Lf
step Lf to L pointing Rf to R, turn 1/4 to R stepping Rf in place, 9H

7&8 turn 1/2 to R stepping Lf back, 3H, turn 1/2 to R stepping Rf forward, 9H, step Lf forward

Thanks and happy dancing!

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