

Free (P)

拍數: 40 牆數: 4 級數: Intermediate partner dance
編舞者: Ethelene Tollison (USA) & Jack Tollison (USA)
音樂: I Want to Break Free - Queen



Position: Closed position, same footwork for both

TOE TOUCHES, HEEL TWISTS, STEP AND SLIDE

- 1-2 Step left toes front of right (weight on toes), hold
- 3-4 Step right toes front of left (weight on toes), hold
- 5&6 Step left toes front of right (weight on toes), twist left heel left, step right toes front of left (weight on toes), twist right heel right
- 7-8 Step left to left, slide right beside left

ROLLING FULL TURNS RIGHT AND LEFT

- 1-4 Step right $\frac{1}{4}$ turn right, on ball of right make $\frac{1}{2}$ turn right stepping back left, on ball of left make $\frac{1}{4}$ turn right stepping right to right side
- 5-8 Step left $\frac{1}{4}$ turn left, on ball of left make $\frac{1}{2}$ turn left stepping back right, on ball of right make $\frac{1}{4}$ turn left stepping left to left side

Option: do right and left grapevines:

- 1-4 Step right to right side, cross left behind right step right to right side, touch left beside right
- 5-8 Step left to left side, cross right behind left, step left to left side, touch right beside left

SHUFFLES, STEP CROSS, STEP AND SLIDE

- 1&2 Shuffle forward right, left, right
- 3&4 Shuffle forward left, right, left
- 5-6 Step right to right, cross left over right (left takes weight)
- 7-8 Step right to right, slide left beside right

SHUFFLES, STEP CROSS, STEP AND SLIDE

- 1&2 Shuffle back left, right, left
- 3&4 Shuffle back right, left, right
- 5-6 Step left to left, cross right over left (right takes weight)
- 7-8 Step left to left, slide right beside left

$\frac{1}{4}$ TURN TOUCH, $\frac{1}{4}$ TURN SHUFFLE, $\frac{1}{4}$ TURN TOUCH, KICK BALL CHANGE

- 1-2 Step right $\frac{1}{4}$ turn to right, touch left beside right
- 3&4 $\frac{1}{4}$ Turn left, shuffle forward left, right, left
- 5-6 Step right $\frac{1}{4}$ turn to right, touch left beside right
- 7&8 Kick left forward, step left beside right step onto right in place

REPEAT