

編舞者: Matt Thomson (USA) & Mishi Ziminski (USA) - October 2010

音樂: (I Wish I Knew How It Would Feel to Be) Free / One - Lighthouse Family



Walk, walk, anchor step, coaster step, rock, pop

step forward on R
 step forward on L

step R behind L, step L in place, step back on R
step back on L, step R beside L, step forward on L

7 rock forward on R

8 recover on L slightly popping R knee

Shuffle, rock, recover, 1/4 shuffle, cross, 1/4 back

1&2 step forward on R, step L beside R, step forward on L

3 rock forward on L4 recover on R

5&6 step L to L sides make ¼ turn L, step R beside L, step L to L side

7 cross R over L

8 step back on L making a ¼ turn R

1/2, 1/2, coaster step, rocking chair

make ½ turn R while stepping forward on R
 make ½ turn R while stepping back on L

3&4 step back on R, step L beside R step forward on R

5 step forward on L 6 recover on R 7 step back on L 8 recover on R

Shuffle, ¼ box cross, sway, sway

1&2 step forward on L, step R beside L, step forward on L

3 cross R over L4 step back on L

5 make a ¼ turn R stepping R to R side

6 cross L over R
 7 step R to R
 8 step L to L

REPEAT