

# Free

拍數: 32      牆數: 2      級數: Easy Intermediate  
編舞者: Amy Christian (USA) - August 2014  
音樂: Free - Mýa



**Intro: Start on Lyrics (0.36secs)**

**FWD ROCK, RECOVER, BALL STEP, FWD ROCK, RECOVER, ½, ½, L COASTER STEP,**

- 1-2&      Rock fwd on R, Recover on L, Step on the ball of R, next to L,
- 3-4      Rock fwd on L, Recover on R,
- 5-6      ½ Turn left, stepping fwd on L, ½ turn left, stepping back on R, [12:00]
- 7&8      L Coaster step,

**ROCK FWD, RECOVER, ¼ SIDE SHUFFLE, OUT, OUT, ¼ FWD SHUFFLE,**

- 1-2      Rock fwd on R, Recover on L,
- 3&4      ¼ turn right, Shuffling to the right side, [3:00]
- 5-6      Step L out to left side, Step R out to right side, (pushing hips out)
- 7&8      ¼ Turn left, shuffling fwd, LRL, [12:00]

**KICKBALL CHANGE, ¼ TOE STRUT WITH HIP BUMP, ½ TURN TOE STRUT WITH HIP BUMP, CROSS ROCK,**

- 1&2      R Kickball change,
- 3-4      ¼ turn left, toe strut as you bump R hip, [9:00]
- 5-6      ½ Turn left, toe strut as you bump L hip, [3:00]
- 7-8      Cross R over L, Recover on L,

**SIDE, ROCK, BALL STEP, SIDE, ROCK, BALL STEP, ¼, FWD, ½, ½,**

- 1-2&      Rock R out to right side, Recover on L, Step on ball of R, next to L,
- 3-4&      Rock L out to left side, Recover on R, Step on ball of L next to R,
- 5-6      ¼ Turn right, stepping R fwd, Step L fwd (Prep) [6:00]
- 7-8      ½ Turn left, stepping back on R [12:00], ½ Turn left, stepping fwd on L, [6:00] (Or Walk, Walk).

**Begin again! □**

**TAG – 8 counts – Happens after Wall 2. [12:00] - STOMP FWD, STOMP FWD, OUT, OUT, IN, IN, CROSS UNWIND, “HANDS”**

- 1-2      Stomp R fwd, Stomp L fwd,
- 3&4&      Step R out to right side, Step L out, Step R in, Step L next to R,
- 5-7      Cross R over L on ball of R and Unwind a full turn left, turning with weight on ball of both feet, ending with weight on L,
- 8      Bring palms in front of your face, sliding hands aside to show your face. (or come up with your own move here).

**#2 RESTARTS - First restart happen after Wall 8, do the first 8 counts of the dance and add a Rocking Chair and restart. On Wall 11 dance the first 8 counts and restart. (No Rocking chair here).**

**OPTINAL INTRO – 34 counts (start this intro after 32 counts from the beginning of the song after those heavy beats. Approx at 0.17secs. Right after she says “Come On!”.**

**BALL STEP, HITCH, TOUCH OUT TO SIDE, TWIST ¼, R COASTER STEP, FWD, TOUCH,**

- &1-2      Step on the Ball of R, Big step fwd on L, Hitch R,
- 3-4      Touch R out to right side, Twist on L making a ¼ turn right, R still touching fwd, (Clap)

5&6                R Coaster step,  
7-8                Step fwd on L, Touch R next to L,

**Repeat this 8 counts 2 more times.**

**On the 4th eight, [9:00] do the first 4 counts and instead of the Coaster Step, Fwd, Touch, replace counts 5-8 with,...**

5-8                Step R Out, Step L Out, Step In, Step L In, and add,...  
9-10              Cross R over L on ball of R and Unwind a full turn left, turning with weight on balls of both feet, ending with weight on L,

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