

# FOREVER FREE

LINEDANCE.COM

**Count:** 32

**Wall:** 4

**Level:** intermediate

**Choreographer:** Michael Lynn

**Music:** Forever Free by Una Gibney

## SIDE, BACK ROCK, STEP, TWIST, TWIST WITH SWEEP, SIDE CROSS MAMBO

- 1-2&** Step right to right side, rock left back, recover onto right
- 3-4** Step left forward, twist heels around making  $\frac{1}{2}$  turn right
- 5-6&** Twist heels back to face the front, sweeping left foot behind right, step right to right side
- 7&8** Cross left over right, step right in place, step left to left side

## SWAY, SWAY, 1 & $\frac{1}{4}$ TURN RIGHT, ROCK $\frac{1}{2}$ TURN, STEP, $\frac{1}{2}$ TURN, STEP

- 1-2** Sway right, sway left

### Restart dance from beginning at this point on wall 7 (key change)

- 3&4** Turn  $\frac{1}{4}$  right stepping forward on right,  $\frac{1}{2}$  right stepping back on left,  $\frac{1}{2}$  right stepping forward on right
- 5&6** Rock forward on left, recover back on right, turn  $\frac{1}{2}$  left stepping forward on left
- 7&8** Step forward right,  $\frac{1}{2}$  turn left, step forward onto right

## LEFT ROCK RECOVER, BACK LEFT, RIGHT, CROSS BEHIND RIGHT, UNWIND, LEFT RONDE, CROSS BEHIND RIGHT, SIDE, CROSS ROCK RECOVER

- 1-2&** Step left forward, rock weight back onto the right, step back left
- 3-4** Step back right, cross left behind right

### Restart dance from beginning at this point on wall 3 (verse 2)

- &5-6&** Unwind full turn over left shoulder, keep weight on right, ronde sweeping left behind right, cross left behind right, step right to right side
- 7-8** Cross rock left over right, rock weight back onto right

## $\frac{1}{4}$ LEFT MONTEREYS, BEHIND, SIDE, CROSS, COASTER CROSS

- 1&** Touch left to left side, on ball of right make  $\frac{1}{4}$  turn left, stepping left beside right
- 2&** Touch right to right side. Step right beside left
- 3&** Touch left to left side, on ball of right make  $\frac{1}{4}$  turn left, stepping left beside right

- 4** Touch right to right side, keeping weight on left
- 5&6** Cross right behind left, step left to left side, cross right over left
- 7&8** Step back left, step right next to left, cross left over right

**REPEAT**

**This dance is dedicated to James & Judi, 2 special friends of mine**

**For some reason the actually track isn't included on the official soundtrack and was recorded from the Celtic Tiger DVD itself**