

# Free To Be

LINEDANCE.COM

**Count:** 32

**Wall:** 4

**Level:** High Improver

**Choreographer:** Alison Green (M4 Stompers Line Dance Classes) UK - February 2020

**Music:** Free To Be - Callaghan

## #16 COUNT TAG AND ONE RESTART

### (1-8) RIGHT SIDE SHUFFLE LEFT ROCK BACK LEFT SIDE SHUFFLE RIGHT, ROCK BACK

- 1&2** Step right to right side, Close left foot beside right, step right to right side
- 3-4** Step left foot diagonal back rock Recover weight onto right foot
- 5&6** Step left to left side, close right beside left, step left to left side
- 7-8** Step right foot diagonal back, Recover weight onto left foot

\*\*\*\*\*RESTART WALL NINE FACING 12 O'CLOCK\*\*\*\*\*

### (9-16) SHUFFLE FULL TURN LEFT TRAVELLING FORWARD SYNCOPATED ROCKS FORWARD RIGHT & LEFT

- 9&10** Step right foot forward making  $\frac{1}{4}$  turn left, close left beside right making  $\frac{1}{4}$  turn Step right foot back ( facing 6 o'clock wall)
- 11&12** Step left foot  $\frac{1}{4}$  turn left close right beside left, making  $\frac{1}{4}$  turn Step left foot forward (facing 12 o'clock)

### \*NON TURNING OPTION SHUFFLE FORWARD RIGHT LEFT

- 13-14** Rock forward on right foot, Rock back on left foot
- & 15-16** Step right foot beside left. Rock left foot forward, Rock back on right foot

### [17-24] SHUFFLE FULL TURN LEFT TRAVEELING BACKWARDS LEFT SAILOR STEP RIGHT $\frac{1}{4}$ TURNSAILOR STEP

- 17&18** Step left foot  $\frac{1}{4}$  turn left, close right foot beside left, making  $\frac{1}{4}$  step left foot forward (facing 6 o'clock)
- 19&20** Step right foot  $\frac{1}{4}$  turn left, close left foot beside right, making  $\frac{1}{4}$  turn step right foot forward (facing 12 o'clock)

### \*NON TURNING OPTION SHUFFLE BACK LEFT SHUFFLE BACK RIGHT

- 21&22** Step left foot behind right foot, step right to right side step left foot to left side

**23& 24** Step right foot behind left making ¼ turn right step left foot to left side step right foot forward (facing 3 o'clock)

**[25-32] STEP PIVOT TURN RIGHT TRIPLE HALF TURN, ROCK BACK RIGHT KICK BALL CHANGE**

**25-26** Step left foot forward making half turn over right shoulder (keeping weight on right foot)

**27&28** Step left foot forward making ¼ turn right, Step right foot beside left Step left ¼ turn (facing 3 o'clock)

**\*Non turning option Rock forward on left foot recover weight on right foot. Left shuffle back**

**29-30** Step right foot back rock recover weight onto left foot

**31&32** Kick right foot forward, step down on ball of right foot, Step left foot in place

**TAG AT THE END OF WALL 4 FACING 12 O'CLOCK THERE IS A 16 COUNT TAG**

**1&2** Side Shuffle To The Right

**3-4** Rock Back On Left Foot Right Recover

**5&6** Side Shuffle To Left

**7-8** Rock Back On Right Left Recover

**9&10** Right Shuffle Forward

**11&12** Left Shuffle Forward

**13&14** Right Shuffle Back

**15&16** Right Shuffle Back

**Restart The Dance Facing 12 O'clock**

**ENJOY AND KEEP SMILING!**