

# IT'S FREE...ALL RIGHT

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**Count:** —

**Wall:** 4

**Level:** intermediate

**Choreographer:** William Sevone

**Music:** All Right Now by Free

**Sequence:** AA, B, TAG, AA, A (counts 1-16), B, AAAA, A (counts 1-16), C, BBB

## SECTION A - 'THE VERSE'

### STEP FORWARD, PIVOT ½ LEFT, TOGETHER, 3X KNEE POPS WITH EXPRESSION, FORWARD SHUFFLE

**1-2** Step forward onto right foot, pivot ½ left (weight on left foot)

**3** Step right foot next to left

**4** Drop right hip & 'pop' left knee forward (looking behind over right shoulder)

**5 (Straighten left knee) drop left hip & 'pop' right knee forward (looking behind over left shoulder)**

**6 (Straighten right knee) drop right hip & 'pop' left knee forward (looking behind over right shoulder)**

**7&8** Step forward onto left foot, close right foot next to left, step forward onto left foot

### STEP FORWARD, FORWARD FULL TURN LEFT, ROCK FORWARD-BACKWARD, ¼ RIGHT SIDE STEP, CROSS STEP, 2X SIDE ROCKS

**9-10** Step forward onto right foot, turn ½ left & step backward onto left foot

**11-12** Turn ½ left & rock forward onto right foot, rock onto left foot

**13-14** Turn ¼ right & step right foot to right side, cross step left foot over right

**15-16** Rock right foot to right side, rock onto left foot

### 2X SIDE ROCKS, SIDE TOE HEEL STRUTS

**17-18** Rock onto right foot, rock onto left foot

**19-20** Cross step right toe over left foot, drop right heel to floor

**21-22** Step left toe to left side, drop left heel to floor

**23-24** Cross step right toe behind left foot, drop right heel to floor

**¼ LEFT FORWARD STEP, ½ LEFT BACKWARD STEP, ¼ LEFT SIDE STEP, CROSS ROCK, ROCK, ¼ RIGHT FORWARD STEP, ¼ RIGHT CHASSE LEFT**

- 25-26** Turn ¼ left & step forward onto left foot, turn ½ left & step backward onto right foot
- 27-28** Turn ¼ left & step left next to right, cross rock right foot over left
- 29-30** Rock onto left foot, turn ¼ right & step forward onto right foot
- 31&32** Turn ¼ right & step left foot to left side, step right foot next to left, step left foot to left side

**SECTION B - 'THE CHORUS'**

**THE 'BIKIE SHUFFLE'**

**Each region had/has its own name for this set of movements**

- 1&2** Lean forward & dip right shoulder diagonally left, return to center, repeat forward 'dip'
- 3** Lean backward & push right shoulder backward

**4(Returning right shoulder to center but still leaning backward) push left shoulder backward**

- 5&6** Lean forward & dip left shoulder diagonally right, return to center, repeat forward 'dip'
- 7** Lean backward & push left shoulder backward

**8(Returning left shoulder to center but still leaning backward) push right shoulder backward**

**THE 'BIKIE SHUFFLE'**

- 9-16** Repeat counts 1-8

**¼ LEFT FORWARD STEP, PIVOT ½ LEFT, FORWARD SHUFFLE, ROCK FORWARD-BACKWARD, ½ LEFT FORWARD STEP, STEP FORWARD**

- 17-18** Turn ¼ left & step forward onto right foot, pivot ½ left (weight on left foot)
- 19&20** Step forward onto right foot, close left foot next to right, step forward onto right foot
- 21-22** Rock forward onto left foot, rock backward onto right foot
- 23-24** Turn ½ left & step forward onto left foot, step forward onto right foot

**2X FORWARD DIAGONAL 'TOE SKIPS', FORWARD DIAGONAL STEP, ½ RIGHT ROCK BACK, FORWARD SHUFFLE**

**25&26(Facing forward and leaning backward) step left toe diagonally forward left, step right foot next to left, step left toe diagonally forward left (dropping heel to floor after move)**

**27&28(Facing forward and leaning backward) step right toe diagonally forward right, step left foot next to right, step right toe diagonally forward right (dropping heel to floor after move)**

**29-30** Step left foot diagonally forward left, turn  $\frac{1}{2}$  right to face opposite wall & rock backward onto right foot

**31&32** Step forward onto left foot, close right foot next to left, step forward onto left foot

## **TAG**

**Only once and after the 1st Section B (end facing 9:00) -**

**33-34** Step forward onto right foot, pivot  $\frac{1}{2}$  left (weight on left foot)

**35-36** Step forward onto right foot, pivot  $\frac{1}{2}$  left (weight on left foot)

## **SECTION C - 'THE CHANT' (END FACING 12:00)**

**2X RIGHT FOOT STOMPS, JUMP APART, JUMP UP &  $\frac{1}{2}$  LEFT, 2X LEFT FOOT STOMPS, JUMP APART, JUMP UP &  $\frac{1}{2}$  RIGHT**

**1-2** Stomp down onto right foot, repeat

**3-4** Jump feet apart, jump up & turn  $\frac{1}{2}$  left (landing on both feet at same time)

**5-6** Stomp down onto left foot, repeat,

**7-8** Jump feet apart, jump up & turn  $\frac{1}{2}$  right (landing on both feet at same time)

**The 'Chant' can be anything. For example, "1-2-3-4-get those-bodies-on the-floor", as long as it is in time with the music**

## **DANCE FINISH**

**At the end of the 16th wall - including 'c' - (facing 9:00) do the following**

**1-2** Rock forward onto right foot, rock onto left foot

**3** Turn  $\frac{1}{4}$  right & with right hand on hat brim step right foot to right side, (hold position through final fade)