

**Count:** 32                      **Wall:** 2                      **Level:** Improver

**Choreographer:** Alan Birchall

**Music:** Free by Seal. CD: Soul (90bpm)

## Start: On Lyrics - 16 counts

### FRONT, SIDE, BEHIND, ¼ TURN, STEP, ROCK, RECOVER, COASTER STEP

- 1-2**            Cross Left Over Right, Right To Right
- 3&4**            Left Behind Right, Making ¼ Turn Step Right To Right, Step Forward On Left 3 'o' clock
- 5-6**            Rock Forward On Right, Recover On Left
- 7&8**            Step On Right, Step Left Beside Right, Step Forward On Right

### RUMBA BOX, SIDE, TOGETHER, SIDE, TOGETHER, SIDE

- 9&10**          Step Left To Left, Right Beside Left, Step Forward On Left
- 11&12**         Step Right To Right, Step Left By Right, Step Back On Right
- 13-14**         Step Left To Left, Right Beside Left Note: Add Cuban Hips
- 15&16**         Step Left To Left, Right By Left, Step Left Note: Add Cuban Hips

### CROSS ROCK, RECOVER, SIDE, TOGETHER, ¼ TURN, SCISSOR STEPS

- 17-18**         Cross Rock Right Over Left, Recover On Left
- 19&20**         Step Right To Right, Step Left To Right, Making ¼ Turn Right Step Forward Right 6 'o' clock
- 21&22**         Step Left To Left, Step Right By Left, Cross Left Over Right
- 23&24**         Step Right To Right, Step Left By Right, Cross Right Over Left

### BACK, SIDE, CROSS SHUFFLE, SWAY, RECOVER, BEHIND, POINT

- 25-26**         Extended Step Back On Left, Step Right To Right
- 27&28**         Cross Left Over Right, Step Right To Right, Cross Left Over Right
- 29-30**         Sway Right To Right, Recover On Left
- 31-32**         Cross Right Behind Left, Point Left Back To Left Diagonal

## START AGAIN