

# FREE UP YA VIBE

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**Count:** 48

**Wall:** 2

**Level:** intermediate

**Choreographer:** Tess & Tone

**Music:** Breathe by Blu Cantrell Feat. Sean Paul

## **¼ TURN, TOUCH, CHASSE LEFT TWICE**

- 1-2** Step right into quarter turn left, touch left next to right
- 3&4** Chasse left, right, left
- 5-6** Step right into quarter turn left, touch left next to right
- 7&8** Chasse left, right, left

## **¼ TURNING TOUCH AND HEELS TWICE, ¼ TURN PIVOT**

- 1&2** Touch right toe next to left heel, step back on right, present left heel turning 1/8 turn left
- &3&4** Step on left, touch right toe next to left heel, step back on right, present left heel turning 1/8 turn left
- 5-6** Step right, hold

## **7-8¼ turn left transferring weight onto left, hold**

## **LONG STEP, TOUCH, TRIPLE FULL TURN, CROSS AND SIDE, SAILOR ½ TURN**

- 1-2** Long step right to right side, touch left next to right
- 3&4** Triple full turn, left, right, left
- 5&6** Cross right in front of left, recover left, step side right
- 7&8** Step left behind right, turn ½ left onto right foot, step side left

## **ROCK FORWARD, RECOVER, BACK LOCK STEP, SWEEP ½ TURN, SWAY RIGHT, LEFT**

- 1-2** Rock forward right, recover left
- 3&4** Step back right, lock left in front, step back right
- 5-6** Sweep left behind into ½ turn left
- 7-8** Sway right, left

## **BUMP RIGHT, LEFT, ½ PIVOT TURN, WALK RIGHT, LEFT**

- 1&2** Bump hips right, left, right
- 3&4** Bump hips left, right, left

**5-6** Step right, ½ pivot turn left

**7-8** Walk right, left

**KICK, STEP BACK, KICK CROSS, ROLLING HIP FULL TURN**

**1-2** Kick right, step back

**3-4** Kick left, cross in front of right

**5-8** Unwind full turn rolling hips to the right and weight ending on left

**REPEAT**