

Freedom

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Count: 64

Wall: 2

Level: Intermediate WC Rhythm

Choreographer: Bracken Ellis and Nancy Morgan (Fletcher) Rev2. Aug 2010

Music: Free by Rizon CD: Free - The Remixes (BPM: 115)

Start: On vocals

WALK, WALK, SIDE-ROCK-CROSS, SIDE-ROCK-CROSS, OUT-OUT-IN-CROSS

- 1,2** Walk forward - Right, Left
- 3&4** Rock Right out to Right side and recover in place to Left, cross/step Right over Left
- 5&6** Rock Left out to Left side and recover in place to Right, cross/step Left over Right
- &7&8** Step Right out to Right side; step Left out to Left side (feet should be shoulder width apart); step Right to center; cross Left over Right

BOUNCE 3 IN ½ TURN, ROCK BACK, CROSS, BACK AND CROSS, SIDE

- 1&2** Bounce heels 3 times as you turn ½ turn to Right (weight ends on Left) (Facing 6:00)
- 3,4** Rock Right back; recover in place to Left
- 5,6** Cross Right over Left; step back on Left
- &7,8** Step Right to Right side; cross Left over Right; step Right to right side

TOUCH, STEP, SWIVEL, STEP-OUT, ROCK HIPS RIGHT- LEFT, BRING RIGHT KNEE UP ¼ TURN TO RIGHT, STEP FORWARD

- 1,2** Touch Left next to right; Step Left to left side (pointing Left toes to Left)
- 3&4** Swivel heels to left; (&) Step Right next to left; Step Left to left side
- 5,6** Rock hips to Right, Rock hips to Left
- 7** Make ¼ turn right bringing Right knee up as you lean slightly back on Left (Right leg should be in passé [figure 4] position. Push Right hand forward into a STOP position, bring Left hand up by your waist and close to your body, with hand in a stop position) (Facing 9:00)
- 8** Step forward on Right

STEP BACK ½ TURN TO RIGHT, STEP BACK, COASTER STEP, WALK,WALK, SHUFFLE FORWARD

- 1,2** Step back on Left as you turn ½ turn to right; Step back Right (Facing 3:00)
- 3&4** Step back on Left; back on Right; forward on Left

5,6 Walk forward Right, Left

7&8 Shuffle forward – Right,Left,Right

KICK-BACK-TOUCH, KICK-BACK-TOUCH, BUMP TURN-STEP, BUMP TURN-STEP

1&2 Kick Left foot forward; step back on Left; touch Right next to Left

3&4 Kick Right foot forward; step back on Right, touch Left next to Right

5&6 Touch Left to left side bumping hips left; (&) Bring hips center; Step on Left as you turn ¼ turn to Right (Facing 6:00)

7&8 Touch Right to right side bumping hips right; (&) Bring hips center; Step Right forward as you turn ¼ turn to Right (Facing 9:00)

HALF PIVOT, SHUFFLE FORWARD, AND TOGETHER CROSS, QUARTER, HALF

1,2 Step Left forward; Pivot half turn right (Facing 3:00)

3&4 Shuffle forward – Left,Right,Left

&5,6(&) Step Right to right side; (5) Step Left next to right; (6) Step Right across (in front of) left

7,8 Make 1/4 turn right as you step Left back; Make 1/2 turn right as you step Right forward (Facing 12:00)

CAMEL WALK

1,2,3(1) Step Left forward; (2) Lift Left heel up and slide Right instep under Left foot; (3) Lift Right heel up as you set Left heel down

4,5,6(4) Step back diagonally right on Right; (5) Lift Right heel up and slide Left instep under Right foot; (6) Lift Left heel up as you set Right heel down

7,8 Step Left back diagonally; Touch Right next to left

STEP, BEHIND, BALL CROSS UNWIND (HALF), RIGHT KICK, STEP BACK, TOUCH, LOOK RIGHT, CENTER

1,2 Step Right to right side and slightly forward; Step Left behind right

&3,4(&) Step Right to right side; (3) Step Left across (in front of) right; (4)Unwind 1/2 turn right, weight ending on left (Facing 6:00)

5&6 Kick Right forward; & Step Right back; Touch Left forward with knee popped

7,8,& Head looks right; Head looks center' (&) Step forward on Left

Begin Again!

Tag: (On Wall 3 - You will be facing 6:00 or the wall behind you when you start (the 2nd time you hit that wall))

- 1,2,3** Step Right shoulder-width from Left, bringing arms crossed in front, then up and out to sides
- 4 &** Step Right back, bringing elbows back and fists to waist; (&) Step forward on Left

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