

FEEL FREE (P)

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Count: 72 **Wall:** — **Level:** Partner

Choreographer: Bill Gallagher

Music: Any Medium cha-cha beat

Position: Start in Couples Ballroom position in center of floor

Dance is a mirror dance except where stated. Steps shown are for man

1-4 Right foot step across front of left making $\frac{1}{4}$ turn to left, rock back on left foot making $\frac{1}{4}$ turn to right, cha-cha-cha to right on right-left-right

5-8(retain hold with left hand, drop & raise right hand) left foot step across front of right making $\frac{1}{4}$ turn to right, rock back on right foot making $\frac{1}{4}$ turn to left, cha-cha-cha to left on left-right-left

9-12(drop left hand, right hand picks up lady's left hand) right foot step across front of left making $\frac{1}{4}$ turn to left, pivot $\frac{3}{4}$ turn to the left (arm passes over head) cha-cha-cha to right on right-left-right (rejoin hands in ballroom position)

13-16MAN: Step forward on left foot, rock back on right foot, cha-cha-cha backwards on left-right-left

LADY: Step back on right foot, rock forward on left foot, cha-cha-cha forward on right-left-right

17-20MAN: Step back on right foot, step forward on left foot, cha-cha-cha forward on right-left-right

LADY: Rock forward on left foot, rock back on right foot, cha-cha-cha backwards on left-right-left

21-24(retain hold with left hand, drop & raise right hand) left foot step across front of right making $\frac{1}{4}$ turn to right, rock back on right foot making $\frac{1}{4}$ turn to left, cha-cha-cha to left on left-right-left

25-28(change hands with partner) right foot step across front of left making $\frac{1}{4}$ turn to left, rock back on left foot making $\frac{1}{4}$ turn to right, cha-cha-cha to right on right-left-right

29-32(change hands with partner) left foot step across front of right making $\frac{1}{4}$ turn to right, rock back on right foot making $\frac{1}{4}$ turn to left, cha-cha-cha to left on left-right-left

33-36(change hands with partner) right foot step across front of left making $\frac{1}{4}$ turn to left, pivot $\frac{3}{4}$ turn to left (drop hands) cha-cha-cha to right on right-left-right

37-44MAN: Step forward on left foot, pivot $\frac{1}{2}$ turn to right cha-cha-cha forward left-right-left step forward on right, left cha-cha-cha forward right-left-right

LADY: (following behind man) step back on right foot, rock forward on left foot cha-cha-cha forward on right-left-right step forward on left, right, cha-cha-cha forward on left-right-left

45-52MAN: (following behind lady) step forward on left foot, pivot $\frac{1}{2}$ turn to right cha-cha-cha forward on left-right-left step forward on right, left, cha-cha-cha forward right-left-right

LADY: Step forward on right foot, pivot $\frac{1}{2}$ turn to left cha-cha-cha forward on right-left-right step forward left, right, cha-cha-cha forward left-right-left

53-60MAN: Step forward on left foot, rock back on right foot cha-cha-cha backwards on left-right-left step back on right, left, cha-cha-cha back on right-left-right

LADY: (following facing man) step forward on right foot, pivot $\frac{1}{2}$ turn to left, cha-cha-cha forward on right-left-right step forward on left, right, cha-cha-cha forward left-right-left

61-68MAN: (following facing lady) step back on left foot, rock forward on right foot cha-cha-cha forward on left-right-left step forward on right, left, cha-cha-cha forward right-left-right

LADY: Step forward on right foot, rock back on left foot, cha-cha-cha backwards on right-left-right step back on left, right, cha-cha-cha backwards on left-right-left

Rejoin in Ballroom position

69-72MAN: Step forward on left, rock back on right, cha-cha-cha on spot left-right-left

LADY: Step back on right foot, rock forward on left foot, cha-cha-cha on spot right-left-right

REPEAT