

MANCHESTER (SPIRIT OF FREEDOM)

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Count: 32 **Wall:** 4 **Level:** beginner/intermediate

Choreographer: Charles R. S Bowring

Music: We Shall Be Free by Garth Brooks

- 1&2** Left shuffle forward
- 3&4** Step right to side, $\frac{1}{2}$ turn right on ball of left, step right to side
- 5-6** Step left to side, rock onto right
- 7&8** Step left behind right, step right to side, step left across in front of right
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- 9&10** Step right diagonally forward, angling body $\frac{1}{8}$ turn left bumping hips right, left, right
- 11&12** Step left diagonally forward, angling body $\frac{1}{8}$ turn right, bumping hips left, right, left
- 13&14** Step right side, making $\frac{1}{4}$ turn left bumping hips right, left, right
- 15&16** Left shuffle $\frac{3}{4}$ turn left continuing to travel forward
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- 17&18** Kick right forward, in place, side
- 19&20** Step right behind left, step left to side, touch right beside left
- 21&22** Step right forward, pivot $\frac{1}{2}$ left, $\frac{1}{2}$ turn left stepping back on right 23-24 step left to side, slide right to left (no weight on right)
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- 25-26** Step right to side, step left beside right
- 27&28** Step right forward, touch left behind right, $\frac{1}{4}$ turn right stepping onto left
- 29-30** Step right to side, rock onto left
- 31&32** Shuffle right to side

REPEAT

TAG

End of 5th wall:

& STEP LEFT IN PLACE

1-2 Walk forward right, left

3&4 Step right forward, rock back on left making $\frac{1}{2}$ turn right, step right forward

5-8 Mirror counts 1-4 with left

9&10 $\frac{1}{4}$ turn left stepping right to side, pushing hips right, left, right

11&12 $\frac{1}{2}$ turn left stepping left to side, pushing hips left, right, left

13& Bump hips right, left

14 $\frac{1}{4}$ turn right stepping on right

15& Step left forward, pivot $\frac{1}{2}$ turn right

16 Touch left in place next to right