

I Am Free

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Count: 64 **Wall:** 2 **Level:** Improver

Choreographer: Adam Åstmar (Mar 2015)

Music: Jag är fri (Manne Leam Frijje) by Jon Henrik Fjällgren (100 BPM)

Intro: 32 Counts from where they start jinking (right after the drum solo)

Sect - 1: ROCK FORWARD, COASTER STEP, 1/2 PIVOT, ROCK FORWARD, STEP

- 1 - 2 Rock R forward, recover to L
- 3 & 4 Step R back, step L next to R, step R forward
- 5 - 6 Step L forward, turn 1/2 pivot to the right (6:00)
- 7 - 8 & Rock L forward, recover to R, step L next to R

Sect - 2: ROCK FORWARD, COASTER STEP, 1/4 TURN, CROSS, SIDE ROCK, RECOVER

- 1 - 2 Rock R forward, recover to L
- 3 & 4 Step R back, step L next to R, step R forward
- 5 - 6 Step L forward, turn 1 /4 to the right (9:00)
- 7 & 8 Cross L over R, rock R to right side, recover to L

Sect - 3: CROSS SHUFFLE, SIDE ROCK, RECOVER, CROSS SHUFFLE, 3/4 TURN

- 1 & 2 Cross R over L, step L next to R, cross R over L
- 3 - 4 Rock L to left side, recover to R
- 5 & 6 Cross L over R, step R next to L, cross L over R
- 7 - 8 Turn 1/4 to the left with R, turn 1/ 2 to the left with L (12:00)

Sect - 4: ROCK FORWARD, COASTER STEP, BACK, HITCH, STEP, 1/4 TURN

- 1 - 2 Rock R forward, recover to L
- 3 & 4 Step R back, step L next to R, step R forward
- 5 & 6 Step L back, lift R knee up, step R forward
- 7 - 8 Step L forward, turn 1 /4 to the right (3:00)

Sect - 5: CROSS, HOLD, & CROSS, SIDE ROCK, RECOVER, LEFT WEAVE

- 1 - 2 & 3 Cross L over R, hold, step R beside L, cross L over R

4 - 5 Rock R to right side, recover to L

6 & 7 - 8 Cross R over L, step L to left side, cross R behind L, step L to left side

Sect - 6: CROSS, HOLD, SIDE STEP, HEEL, HOLD, CROSS STEP, 1/4 TURN, COASTER HEEL, STEP

1 - 2 Cross R over L, hold

& 3 - 4 Step L slightly to left side, touch heel diagonally forward to the right, hold

& 5 - 6 Step R next to L, cross L over R, turn 1/4 to the left (12:00)

7 & 8 & Step L back, step R next to L, touch L heel forward, step L next to R

Sect - 7: STEP FORWARD, HOLD, STEP BACK, POINT FORWARD, HOLD, STEP, 1/2 PIVOT, SHUFFLE 1/2 TURN

1 - 2 Step R forward, hold

& 3 - 4 Step L back, point R toe forward, hold

& 5 - 6 Step R next to L, step L forward, turn 1/2 pivot to the right (6:00)

7 & 8 Shuffle forward while turn 1/2 to the right stepping L, R, L (12:00)

Sect - 8: ROCK BACK, RECOVER, 1/4 SCISSOR STEP, SIDE ROCK, RECOVER, SAILOR 1/4 TURN

1 - 2 Rock R back, recover to L

3 & 4 Turn 1/4 left stepping right to side. Step left behind right. Cross right over left (9:00)

5 - 6 Rock L to left side, recover to R

7 & 8 Sweep L behind R, turn 1/4 to the left, step R beside L, step L forward (6:00)

Tag: At wall 4 after section 1, the Tag begins. Restart after tag.

HIP SWAYS, HOLD

1 - 2 - 3 - 4 Step L to left side and sway hips L, R, L, hold

Ending: (At section 5, wall 4, after 3 counts)

STEP TURN 1 / 2 STEP

1 & 2 Step R forward, turn 1/2 to the left, step R next to L (12:00)

Have fun!

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