



Approved by:

Martie Papendorf

Free

4 WALL – 32 COUNTS – IMPROVER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 – 2 Styling 3 & 4 5 – 6 7 & 8	Back Rock, Forward Shuffle, Forward Rock, 1/4 Turn Coaster Touch Rock back on right (slightly lifting weight off left). Recover onto left. (Optional) Swing right arm back when rocking back. Step right forward. Close left beside right. Step right forward. Rock forward on left. Recover onto right. Turning 1/4 left step left back. Step right beside left. Touch left beside right. (9:00)	Rock Back Right Shuffle Rock Forward Quarter Coaster Touch	On the spot Forward On the spot Turning left
Section 2 & 1 – 2 Styling 3 & 4 5 – 6 7 & 8 Option	& Side, Touch, Side, Together, Step, Forward Rock, 1&1/2 Turns Step left beside right. Step right to right side. Touch left beside right. (Optional) Swing arms across body to right side. Step left to left side. Step right beside left. Step left forward. Rock forward on right. Recover onto left. Turn 1/2 right and step right forward. Turn 1/2 right and step left back. Turn 1/2 right and step right forward. (3:00) Replace counts 7 & 8 with Shuffle 1/2 turn right.	& Side Touch Side Together Step Rock Forward Full Turn Half Turn	Right On the spot Turning right
Section 3 1 – 2 3 & 4 5 – 6 7 – 8	Forward, Lock, Forward Lock Step, Forward Rock, Side Rock/Flick Step left forward. Lock right behind left. Step left forward. Lock right behind left. Step left forward. Rock forward on right. Recover onto left. Rock right to right side. Recover onto left, flicking right back.	Left Lock Left Lock Left Rock Forward Side Rock	Forward On the spot
Section 4 1 – 2 3 & 4 & 5 – 6 7 – 8 Styling	Behind, Side, Cross Shuffle, & Cross, Pivot 1/2, Back/Hitch, Step Cross right behind left. Step left to left side. Cross right over left. Step left to left side. Cross right over left. Step left in place. Cross right over left. Pivot 1/2 turn left (weight to left). (9:00) Step right back, hitching left forward. Step left in place. (Optional) Count 7, bend right knee, pulling bent arms 'down'.	Behind Side Cross Shuffle & Cross Pivot Back Step	Left Turning left On the spot

Choreographed by: Martie Papendorf (SA) February 2014

Choreographed to: 'Free' by Rudimental ft Emeli Sande (110 bpm) from CD Home; download available from amazon or iTunes (36 count intro - approx 24 secs)



A video clip of this dance is available at www.linedancermagazine.com