

## Forever Free

32 count, 4 wall, intermediate level

Choreographer: Michael Lynn (UK) Nov 2006  
Choreographed to: Forever Free by Una Gibney  
(60 bpm), Album: Celtic Tiger DVD by Ronan  
Hardiman

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Start on vocals

### **SIDE, BACK ROCK, STEP, TWIST, TWIST WITH SWEEP, SIDE CROSS MAMBO**

- 1-2& Step right to right side, rock left back, recover onto right,  
3-4 Step left forward, twist heels around making ½ turn right,  
5-6& Twist heels back to face the front, sweeping left foot behind right, step right to right side,  
7&8 Cross left over right, step right in place, step left to left side.

### **SWAY, SWAY, 1 & ¼ TURN RIGHT, ROCK ½ TURN, STEP, 1/2 TURN, STEP**

- 1-2 Sway right, sway left,

**RESTART** dance from beginning at this point on Wall 7 (*Key Change*)

- 3&4 Turn 1/4 right stepping forward on right, 1/2 right stepping back on left,  
1/2 right stepping forward on right.  
5&6 Rock forward on left, recover back on right, turn 1/2 left stepping forward on left,  
7&8 Step forward on right, 1/2 turn left, step forward onto right.

### **LEFT ROCK RECOVER, BACK LEFT, RIGHT, CROSS BEHIND RIGHT, UNWIND, LEFT RONDE, CROSS BEHIND RIGHT, SIDE, CROSS ROCK RECOVER**

- 1-2& Step left forward, rock weight back onto the right, step back left,  
3-4 Step back right, cross left behind right,  
**RESTART** dance from beginning at this point on Wall 3 (*Verse 2*)  
&5-6& Unwind full turn over left shoulder, keep weight on right, ronde sweeping left behind right,  
cross left behind right, step right to right side,  
7-8 Cross rock left over right, rock weight back onto right.

### **¼ LEFT MONTERYS, BEHIND, SIDE, CROSS, COASTER CROSS**

- 1& Touch left to left side, on ball of right make 1/4 turn left, stepping left beside right.  
2& Touch right to right side. Step right beside left.  
3& Touch left to left side, on ball of right make 1/4 turn left, stepping left beside right,  
4 Touch right to right side, keeping weight on left,  
5&6 Cross right behind left, step left to left side, cross right over left,  
7&8 Step back left, step right next to left, cross left over right.

**Dedication:** This dance is dedicated to James & Judi, 2 special friends of mine.

**Music:** For some reason the actual track isn't included on the official soundtrack and was recorded from the Celtic Tiger DVD itself.

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