

Free

32 Count, 2 Wall, Beginner/Improver
Choreographer: Alan Birchall (UK) May 2010
Choreographed to: Free by Seal CD: Soul (90bpm)

16 count intro, start on lyrics

FRONT, SIDE, BEHIND, ¼ TURN, STEP, ROCK, RECOVER, COASTER STEP

- 1-2 Cross Left Over Right, Right To Right
3&4 Left Behind Right, Making ¼ Turn Step Right To Right, Step Forward On Left 3 'o' clock
5-6 Rock Forward On Right, Recover On Left
7&8 Step On Right, Step Left Beside Right, Step Forward On Right

RUMBA BOX, SIDE, TOGETHER, SIDE, TOGETHER, SIDE

- 9&10 Step Left To Left, Right Beside Left, Step Forward On Left
11&12 Step Right To Right, Step Left By Right, Step Back On Right
13-14 Step Left To Left, Right Beside Left Note: Add Cuban Hips
15&16 Step Left To Left, Right By Left, Step Left Note: Add Cuban Hips

CROSS ROCK, RECOVER, SIDE, TOGETHER, ¼ TURN, SCISSOR STEPS

- 17-18 Cross Rock Right Over Left, Recover On Left
19&20 Step Right To Right, Step Left To Right, Making ¼ Turn Right Step Forward Right 6 'o' clock
21&22 Step Left To Left, Step Right By Left, Cross Left Over Right
23&24 Step Right To Right, Step Left By Right, Cross Right Over Left

BACK, SIDE, CROSS SHUFFLE, SWAY, RECOVER, BEHIND, POINT

- 25-26 Extended Step Back On Left, Step Right To Right
27&28 Cross Left Over Right, Step Right To Right, Cross Left Over Right
29-30 Sway Right To Right, Recover On Left
31-32 Cross Right Behind Left, Point Left Back To Left Diagonal