

Free Spirit (Born To Run)

64 Count, 2 Wall, Intermediate

Choreographer: Harold Grimshaw (UK) June 2014

Choreographed to: Born To Run by Jamie O'Neal, CD: Eternal

SEQUENCE: 64, TAG (4), 58, RES., 64, TAG (4), 58, RES., 56, TURN RES., 64, TAG (4), 64

1 SIDE, TOUCH, SIDE, FLICK, BEHIND, SIDE, CROSS, FLICK

1-4 RIGHT SIDE, TOUCH LEFT TOG, LEFT SIDE, FLICK RIGHT FWD

5-8 RIGHT BEHIND, LEFT SIDE, RIGHT CROSS, FLICK LEFT BACK

2 TURN, HOOK, TURN, TOG, FWD, TOG, FWD, HOLD

1-4 (1/4 RT) LEFT BACK, HOOK RIGHT, RT FWD 1/2 RT, LEFT TOG (INSTEP)

5-8 RIGHT FWD, LEFT TOG (INSTEP), RIGHT FWD, HOLD

3 FWD ROCK, BACK, SWING, BACK LOCK STEP, HOLD

1-4 LEFT FWD, ROCK BACK RIGHT, LEFT BACK, SWING RIGHT AROUND LEFT

5-8 RIGHT BACK, LOCK LEFT OVER RT, RIGHT BACK, HOLD

4 SIDE, TOG, TURN, HOLD, TURN, TOG, BACK, HOLD

1-4 LEFT SIDE, RIGHT TOG, LEFT 1/4 LT, HOLD

5-8 (TURN 1/4 LEFT) RIGHT SIDE, LEFT TOG, RIGHT BACK, HOLD

5 COASTER BACK, HOLD, CROSS, HOLD, CROSS, HOLD

1-4 LEFT BACK, RIGHT TOG, LEFT FORWARD, HOLD

5-8 CROSS STEP RIGHT, HOLD, CROSS STEP LEFT, HOLD

6 FWD ROCK, TURN, SCUFF, LEFT LOCK FWD, HOLD

1-4 RIGHT FWD, ROCK BACK LEFT, RT FWD 1/2 RT, SCUFF LEFT

5-8 LEFT FWD, LOCK RIGHT BEHIND, LEFT FWD, HOLD

7 MAMBO ROCK, HOLD, TURN SHUFFLE, HOLD

1-4 RIGHT FWD, ROCK BACK LEFT, STEP RIGHT TOG, HOLD

5-8 (TURN 1/2 LEFT) LEFT SHUFFLE FWD, HOLD

WALL 5 (TURN 1/4 LEFT to 12 o'clock) to RESTART

8 STEP PIVOT CROSS, HOLD, TURN, SIDE, CROSS, HOLD

1-2 RIGHT FWD, PIVOT 1/4 LEFT

RESTART HERE (WALL 2 – 6 o'clock, WALL 4 – 12 o'clock) Weight on LEFT

3-4 CROSS STEP RIGHT, HOLD

5-8 (TURN 1/2 RIGHT) LEFT BACK, RIGHT SIDE, CROSS STEP LEFT, HOLD

TAG HERE (WALLS 1, 3 & 6 – 6 o'clock, 12 o'clock & 6 o'clock)

1-2 RIGHT SIDE, HOLD, CROSS STEP LEFT, HOLD