

I'm Free

64 Count, 4 Wall, Intermediate

Choreographer: Michael Vera-Lobos (Australia) May 2013

Choreographed to: I'm Free (Heaven Helps The Man) by
Kenny Loggins, CD: Footloose

Dance Starts: 48 Count Intro - Start On Vocals

1-8 Side, Behind Ball Cross, Side, Touch Behind, 1/2 Unwind L, Step Fwd R, 3/4 Pivot L

1,2&3,4 Travel R - Step Side R, Cross L behind R & Stepping R to R, Cross L over R, Step R to R (12:00)

5-8 Touch L behind R, Unwind 1/2 L (6:00), Step fwd R, Pivot 3/4 L (9:00)

9-16 Side Shuffle R, Cross Rock, Replace, Step Side, Cross, 1/4 R, 1/2 R

1&2,3,4 Side Shuffle R Stepping R,L,R, Cross Rock L over R, Replace wt on R (9:00)

5-8 Step L to L, Cross R over L, Turning 1/4 R Step back on L (12:00), Turn 1/2 R on R (6:00)

17-24 1/2 Shuffle Fwd R, Rock Back, Replace, Step Fwd, 1/2 R, 1/2 Shuffle R

1&2,3,4 Travel fwd - 1/2 Shuffle R Stepping L,R,L, Rock back on R, Rock fwd on L (12:00)

5,6 Travel fwd - Step fwd R, Turn 1/2 R Stepping back on L (6:00)

7&8 Turning a further 1/2 R Shuffle Stepping R,L,R (12:00)

25-32 Rock Fwd, Replace, Shuffle Back, Rock Back, Replace, Full Spin Fwd Over L

1,2,3&4 Rock fwd L, Rock back on R, Shuffle back on L (12:00)

5-8 Rock back on R, Rock fwd on L, Full Spin fwd over L Stepping R then L (12:00)

33-40 Side Rock, Replace, Touch Across, Full Unwind, Step Side, L Sailor Step Fwd, 1/2 Pivot R

1,2 Side Rock R to R, Replace wt on L (12:00)

3,4 Touch R across L, Taking wt onto R not moving L Full unwind L Raising both heels dropping wt on L
Step R to R (12:00)

5 Modified Sailor - Cross L behind R & Rock R to R, Step fwd onto L (12:00)

8 Pivot 1/2 R ending wt on R (6:00)

41-48 Side Rock, Replace, Cross, 1/4 L, Coaster Back L, Ball Step, Tap

1-4 Side Rock L to L, Replace wt on R, Cross L over R, Turn 1/4 L Stepping back on R (3:00)

5&6&7,8 Coaster back on L & Stepping R beside L Step fwd on L, Tap R beside L (3:00)

49-56 Rock Fwd, Replace, 1/2 R, Scuff, Step Fwd, 1/2 Pivot R, Step Fwd, 1/4 Pivot R

1-4 Rock fwd R, Replace wt on L, Turn 1/2 R on R, Scuff L foot Fwd (9:00)

5-8 Step fwd L, 1/2 Pivot R (3:00), Step fwd L, 1/4 Pivot R (6:00)

57-64 Cross, Side, Sailor 1/4 L, Step Fwd, 1/2 Pivot L, Step Back R, 1/2 L

1,2,3&4 Cross L over R, Step R to R, Sailor L Turning 1/4 L (3:00)

5-8 Step fwd R, Pivot 1/2 L (9:00), Step back on R, Turn 1/2 L on L (3:00)

Tags: End of Wall 2 - Facing (6:00)

End of Wall 5 - Facing (3:00)

1-12 Rock Fwd, Replace, 1/4 R Side Shuffle, Cross, Side, Sailor 1/4 L, Step Fwd, 1/2 R, 1/2 Shuffle R

1,2,3&4 Rock fwd R, Replace wt on L, Turning 1/4 R Side Shuffle R Stepping R,L,R (9:00)

5,6,7&8 Cross L over R, Step R to R, Sailor 1/4 L (6:00)

9-11&12 Step fwd R, Turning 1/2 R Step back on L, 1/2 Shuffle R Stepping R,L,R (6:00)

13-24 Rock Fwd, Replace, 1/4 L Side Shuffle, Cross, Side, Sailor 1/4 R, Step Fwd, 1/2 L, 1/2 Shuffle L

1,2,3&4 Rock fwd L, Replace wt on R, Turning 1/4 L Side Shuffle L Stepping L,R,L (3:00)

5,6,7&8 Cross R over L, Step L to L, Sailor 1/4 R (6:00)

9-11&12 Step fwd L, Turning 1/2 L Step back on R, 1/2 Shuffle L Stepping L,R,L (6:00)