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It's Free ... All Right!

Phrased, 4 wall, beginner level

Choreographer: William Sevone (Aus) May 2002

Choreographed to: Alright Now by Free, Single
or Greatest Hits (126 bpm)

Special music note: this dance will only work with the original single or an 'edited single' album version. The single, in it's original form (but on cd) can still found in record stores - it's never been deleted.

Section Phrasing:- AA. B+tag. AA. A (to count 16). B. AAAA. A (to count 16). C. BBB

Choreographers note:- Now c'mon !!....everyone knows the chorus line to this one...even your Grannie. So ok, the phrasing LOOKS complicated, but as soon as you put on the music 'all will become clear'..or as Homer Simpson would say '..doh!!'. This song, as well as being a top 10 hit all over the world, became a 'bikies' favourite (and still is). There are a lot of good bikies out there who do a lot of work for charities and even though they 'would not be seen dead' doing a Line Dance..I am sure they will know that this is my way of saying '..thank's..'

The 'chant', when originally done in the early '70's, was to say the very least was 'colourful' ...and hopefully it will not be repeated here.

Dance starts on main vocals with feet together and weight on the left foot.

SECTION A - 'the verse'

Step Fwd. Pivot 1/2 Left. Tog. 3x Knee Pops with Expression.Fwd Shuffle.

- 1 - 2 Step forward onto right foot. Pivot 1/2 left (weight on left foot).
- 3 Step right foot next to left.
- 4 Drop right hip & 'pop' left knee forward (looking behind over right shoulder).
- 5 (straighten left knee) Drop left hip & 'pop' right knee forward (looking behind over left shoulder)
- 6 (straighten right knee) Drop right hip & 'pop' left knee forward (looking behind over right shoulder).
- 7& 8 Step forward onto left foot, close right foot next to left, step forward onto left foot.

Step Fwd. Fwd Full Turn Left. Rock Fwd-Bwd. 1/4 Right Side step. Cross Step. 2x Side Rocks.

- 9 - 10 Step forward onto right foot. Turn 1/2 left & step backward onto left foot.
- 11 - 12 Turn 1/2 left & rock forward onto right foot. Rock onto left foot.
- 13 - 14 Turn 1/4 right & step right foot to right side. Cross step left foot over right.
- 15 - 16 Rock right foot to right side. Rock onto left foot.

2x Side Rocks. Side Toe Heel Struts.

- 17 - 18 Rock onto right foot. Rock onto left foot.
- 19 - 20 Cross step right toe over left foot. Drop right heel to floor.
- 21 - 22 Step left toe to left side. Drop left heel to floor.
- 23 - 24 Cross step right toe behind left foot. Drop right heel to floor.

1/4 Left Fwd Step. 1/2 Left Bwd Step. 1/4 Left Side Step. Cross Rock. Rock. 1/4 Right Fwd Step.

1/4 Right Chasse Left.

- 25 - 26 Turn 1/4 left & step forward onto left foot. Turn 1/2 left & step backward onto right foot.
- 27 - 28 Turn 1/4 left & step left next to right. Cross rock right foot over left.
- 29 - 30 Rock onto left foot. Turn 1/4 right & step forward onto right foot.
- 31& 32 Turn 1/4 right & step left foot to left side, step right foot next to left, step left foot to left side.

SECTION B - 'the chorus'

The 'Bikie Shuffle' (each region had/has its own name for this set of movements)

- 1& 2 Lean forward & dip right shoulder diagonally left, return to centre, repeat forward 'dip'
- 3 Lean backward & push right shoulder backward.
- 4 (returning right shoulder to centre but still leaning backward) Push left shoulder backward
- 5& 6 Lean forward & dip left shoulder diagonally right, return to centre, repeat forward 'dip'.
- 7 Lean backward & push left shoulder backward.
- 8 (returning left shoulder to centre but still leaning backward) Push right shoulder backward.

The 'Bikie Shuffle'

9 - 16 Repeat counts 1-8

1/4 Left Fwd Step. Pivot 1/2 Left. Fwd Shuffle. Rock Fwd-Bwd. 1/2 Left Fwd Step. Step Fwd.

17 - 18 Turn 1/4 left & step forward onto right foot. Pivot 1/2 left (weight on left foot).
19 & 20 Step forward onto right foot, close left foot next to right, step forward onto right foot.
21 - 22 Rock forward onto left foot. Rock backward onto right foot.
23 - 24 Turn 1/2 left & step forward onto left foot. Step forward onto right foot.

2x Fwd Diagonal 'Toe Skips'. Fwd Diagonal Step. 1/2 Right Rock Back. Fwd Shuffle.

25 & 26 (facing forward and leaning backward) Step left toe diagonally forward left, step right foot next to left, step left toe diagonally forward left (dropping heel to floor after move).
27 & 28 (facing forward and leaning backward) Step right toe diagonally forward right, step left foot next to right step right toe diagonally forward right (dropping heel to floor after move).
29 - 30 Step left foot diagonally forward left. Turn 1/2 right to face opposite wall & rock backward onto right foot.
31 & 32 Step forward onto left foot, close right foot next to left, step forward onto left foot.

TAG: only once and after the 1st Section B (end facing 9 o'clock) -

33 - 34 Step forward onto right foot. Pivot 1/2 left (weight on left foot).
35 - 36 Step forward onto right foot. Pivot 1/2 left (weight on left foot).

SECTION C - 'the chant' (end facing 12 o'clock)

2x Right Foot Stomps. Jump Apart. Jump Up & 1/2 Left.

2x Left Foot Stomps. Jump Apart. Jump Up & 1/2 Right.

1 - 2 Stomp down onto right foot. Repeat.
3 - 4 Jump feet apart. Jump up & turn 1/2 left (landing on both feet at same time)
5 - 6 Stomp down onto left foot. Repeat.
7 - 8 Jump feet apart. Jump up & turn 1/2 right (landing on both feet at same time)

The 'Chant' can be anything, for example:-

"1-2-3-4-get those-bodies-on the-floor", as long as it is in time with the music.

DANCE FINISH: at the end of the 16th wall - including 'C' - (facing 9 o'clock) do the following -

1 - 2 Rock forward onto right foot. Rock onto left foot.
3 Turn 1/4 right & with right hand on hat brim step right foot to right side. (hold position through final fade)