

FREE

Choreographer: Alan G. Birchall

Level: Beginner/Improver

Dance: Two Wall

Steps/Count: 32

Restarts: None

Music: Free – Seal

CD: Soul

Start: On Lyrics

Seconds: 10 **Count:** 16 **BPM:** 90



STEPS

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 Forward To Right Diagonal, Recover On Left

31-32 Cross Right Behind Left, Point Left Back To Left Diagonal

START AGAIN