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## Free

Phrased, 1 wall, intermediate level  
Choreographer: John Sinclair (UK) Nov 2001  
Choreographed to: (I Wish I Knew How It Would Feel To Be) Free By Lighthouse Family on Single CD (98 bpm); Forever Ain't Long Enough by Bellamy Brothers, Lonely Planet CD; Island by Eddy Raven, Most Awesome Line Dancing Album 4

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Start the dance on the second "Wish" of the lyric.  
Sequence: A, B, C, then B repeated to finish.

### Part A - 48 counts

#### **Slow Coaster Step, 1/4 Turn Right, Side Rock, Recover, Crossing Shuffle**

1 - 4 Step back Right, step back Left, step Right forward, step Left to left side making 1/4 turn right,  
5 - 6 Rock Right to right side, back onto Left.  
7&8 Cross Right over Left, Left to left side, cross Right over Left.

#### **1/4 Turn Right, Slow Coaster Step, Cross Rock, Recover, Chasse Left**

9 - 12 Step Left to left side making 1/4 turn right, step back Right, step back Left, step Right forward,  
13 - 14 Rock Left over Right, back onto Right.  
15&16 Step Left to left side, close Right to Left, step Left to left side.

#### Repetition

17 - 32 Repeat steps 1 - 16.

#### **Right Pivot Turn, Step, Left Pivot Turn, Step, Right Kick-Ball-Change**

33 - 36 Step Right forward, pivot 1/2 turn left, step Right forward, step Left forward,  
37 - 38 Pivot 1/2 turn right, step Left forward.  
39&40 Kick Right forward, close Right to Left, step Left in place.

#### **Right Mambo Cross, Hold, Left Mambo Cross, Hold**

41 - 44 Rock Right to right side, back onto Left, cross Right over Left, hold.  
45 - 48 Rock Left to left side, back onto Right, cross Left over Right, hold.

### Part B - 64 counts

#### **Cross Rock, 1/4 Turn Right, Triple Step In Place, Forward Rock, Recover, Coaster Step**

1 - 4 Rock Right over Left, back onto Left making 1/4 turn right, triple step Right Left Right in place.  
5 - 6 Rock Left forward, back onto Right.  
7&8 Step Left back, step Right back, step Left forward.

#### Repetition

9 - 16 Repeat steps 1 - 8.

#### **Weave Left ;Side, Recover, Cross, Side, Behind, Side, Rock Forward, Back**

17 - 20 Rock Right to right side, back onto Left, cross Right over Left, step Left to left side.  
21 - 24 Cross Right behind Left, step Left to left side, rock Right over Left, back onto Left.

#### **Weave Right ;Side, Cross, Side, Behind, Side, Cross, Rock Forward, Back**

25 - 28 Step Right to right side, cross Left over Right, step Right to right side, cross Left behind Right.  
29 - 32 Step Right to right side, cross Left over Right, rock Right diagonally forward right, back on Left.

#### **Right Mambo Cross, Hold, Left Mambo Cross, Hold**

33 - 36 Rock Right to right side, back onto Left, cross Right over Left, hold  
37 - 40 Rock Left to left side, back onto Right, cross Left over Right, hold.

#### **Right Pivot Turn, Step, Hold, Reverse Pivot Turn, Coaster Step**

41 - 44 Step Right forward, pivot 1/2 turn left, step Right forward, hold.  
45 - 46 Step Left forward, step back on Right making 1/2 turn left.  
47&48 Step Left back, Right back, Left forward.

#### **Right Mambo Cross, Hold, Side Rock, Recover, Crossing Shuffle**

49 - 52 Rock Right to right side, back onto Left, cross Right over Left, hold.  
53 - 54 Rock Left to left side, back onto Right.  
55&56 Cross Left over Right, Right to right side, Left over Right.

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**Forward Rock, Recover, 1/2 Turn Right, Forward Rock, Recover, Coaster Step**

57 - 60 Rock forward onto Right, back onto Left, triple step Right Left Right making 1/2 turn right.

61 - 62 Rock forward onto Left, back onto Right.

63&64 Step Left back, Right back, Left forward.

**Part C** - 32 counts

First 32 counts of Part A

If using an alternative track simply dance parts A and B together from start to finish.