

Free To Love

48 count, 4 wall, intermediate level

Choreographer: Dee Musk (UK) March 2006

Choreographed to: Free by Rachael Lampa, Live For You Album

48 count Intro from heavy beat – Start on main vocals.

The track is 4 ½ mins long; suggest fading out around 4 mins if desired. *Fast Tempo.*

STEP ½ TURN L WITH SWEEP, CROSS SIDE BEHIND, SIDE DRAG, FULL TURN R.

- 1-3 Step forward on L, whilst making a ½ turn L sweep R from behind to in front of L over 2 counts
4-6 Cross R over L, step L to L side, cross R behind L.
7-9 Step L to L side, drag R and touch beside L over 2 counts.
10-12 Make a ¼ turn R stepping forward on R, make a ¼ turn R stepping L to L side, make a ½ turn R stepping R to R side. (6 o'clock).

L CROSS ROCK SIDE, R CROSS ROCK SIDE, STEP ¼ TURN L WITH SWEEP, CROSS ¼ TURN R ¼ TURN R.

- 1-3 Cross L over R, rock R out to R side, recover weight to L. (Travelling slightly forward).
4-6 Cross R over L, rock L out to L side, recover weight to R. (Travelling slightly forward).
7-9 Step forward on L, making a ¼ turn L sweep R from behind to in front of L over 2 counts.
10-12 Cross R over L, make a ¼ turn R stepping back on L, make a ¼ turn R stepping R to R side. (9 o'clock).

CROSS ¼ TURN L ¼ TURN L, CROSS SWEEP, CROSS ¼ TURN L ¼ TURN L.

- 1-3 Cross L over R, make a ¼ turn L stepping back on R, make a ¼ turn L stepping L to L side.
4-6 Cross R over L, sweep L from behind R to in front of L over 2 counts.
7-9 Cross L over R, make a ¼ turn L stepping back on R, make a ¼ turn L stepping L to L side.
10-12 Cross R over L, sweep L from behind R to in front of R over 2 counts. (9 o'clock).

CROSS SIDE BEHIND, R SIDE DRAG, L SIDE DRAG, STEP ½ TURN R WITH SWEEP.

- 1-3 Cross L over R, step R to R side, cross L behind R.
4-6 Step R to R side, drag L and touch beside R over 2 counts.
7-9 Step L to L side, drag R and touch beside L over 2 counts.
10-12 Step forward on R, whilst making a ½ turn R sweep L from behind to in front of R over 2 counts. (3 o'clock).