

Freestyle

24 Count, 4 Wall, Beginner

Choreographer: Jill Weiss (USA) Nov 2014

Choreographed to: Freestyle by Lady Antebellum

Intro: 16 counts after the words "Are we gonna do this thing...come on!"

WALK FORWARD, ROCK R FORWARD, ROCK R SIDE, REPEAT

- 1-2 Walk forward R, L
3&4& Rock forward on right, recover left, rock to right side, recover left
5-6-7&8& Repeat 1-4 (12:00)

(Style note: rocks are more of a push, keep weight on left foot)

**BEHIND, SIDE, CROSS ROCK, RECOVER, SHUFFLE ¼ RIGHT, WALK L, R,
SYNC ROCKING CHAIR**

- 1&2& Step right behind left, step left to left side, cross rock right in front of left, recover to left
3&4 Shuffle R-L-R, turning ¼ turn to right (3:00)
5-6 Walk forward left, right (option for full turn)
7&8& Rock forward on left, recover right, rock back on left, recover right

ROCK, RECOVER, SHUFFLE ½ TURN LEFT, ROCKING CHAIR (SEE VARIATIONS)

- 1-2-3&4 Rock left forward, recover to right, shuffle L,R,L turning ½ turn left (9:00)
5-6-7-8 Rock forward on R, recover to L, rock back on R, recover to left

Styling note: Raise your arms in the air on count 5 as you step forward to begin the rocking chair during last set of 8 on walls 2 and 5 when the lyrics say "throw your hands up high!"

Option for last 4 counts – replace rocking chair with two pivot turns: step forward on R, pivot ½ turn left, step forward on R again and pivot ½ turn left back to 9:00

Thank you to Bruce for suggesting this track!
