

Feel Free

Count: 72 **Wall:** 2 **Level:**
Position: Partner Dance
 Start in Couples Ballroom position in center of floor.
 Dance is a mirror dance except where stated.
Choreo: Bill Gallagher
Music: **Feel Free** - Bellamy Brother + Any Medium cha-cha beat

innen L
 - außen
 M

Präsentation (innen), Shuffle (ballroom position)

1 R Cross Rock forward left + ¼ Turn left,
 2,3&4 L Recover, R-L-R Shuffle

Promenade (außen), Shuffle (linke Hand halten, rechte Hand lösen)

1 L Cross Rock forward right + ¼ Turn right,
 2,3&4 R Recover, L-R-L Shuffle

Full Turn left, Shuffle (Hände lösen, drehen, ballroom position)

1,2,3&4 R kreuzt vor links hinter rechts, Full Pivot Turn left, R-L-R Shuffle

Rock Step, Shuffle, Rock Step, Shuffle

1,2,3&4 L Rock Step forward, R Recover, L-R-L Shuffle

1,2,3&4 R Rock Step back, L Recover, R-L-R Shuffle

Promenade (außen), Shuffle

1 L Cross Rock forward right + ¼ Turn right,
 2,3&4 R Recover, L-R-L Shuffle

1,2,3&4 Promenade (innen), Shuffle

1,2,3&4 Promenade (außen), Shuffle

Full Pivot Turn left, Shuffle (beide Hände lösen und auf den Rücken)

1,2,3&4 R kreuzt vor links bis hinter rechts, full Pivot Turn left, R-L-R Shuffle

½ Pivot Turn right, Shuffle, Walk, Walk, Shuffle

1,2,3&4 L Step forward, ½ Pivot Turn right, L-R-L Shuffle forward

R Rock Step back, L Recover, R-L-R Shuffle fwd (following behind man)

1,2,3&4 R Walk forward, L Walk forward, R-L-R Shuffle forward

L Walk forward, R Walk forward, L-R-L Shuffle forward

½ Pivot Turn right, Shuffle, Walk, Walk, Shuffle

1,2,3&4 L Step forward, ½ Pivot Turn right, L-R-L Shuffle forward

R Step forward, ½ Pivot Turn left, R-L-R Shuffle forward

1,2,3&4 R Walk forward, L Walk forward, R-L-R Shuffle fwd (following behind lady)

L Walk forward, R Walk forward, L-R-L Shuffle forward

Rock Step forward, Shuffle back, Walk, Walk, Shuffle back

1,2,3&4 L Rock Step forward, R Recover, L-R-L Shuffle back

R Step forward, ½ Pivot Turn left, R-L-R Shuffle forward (following facing man)

1,2,3&4 R Walk back, L Walk back, R-L-R Shuffle back

L Walk forward, R Walk forward, L-R-L Shuffle forward

Rock Step back, Shuffle, Walk, Walk, Shuffle

1,2,3&4 L Rock Step back, R Recover, L-R-L Shuffle fwd (following facing lady)

R Rock Step forward, L Recover, R-L-R Shuffle back

1,2,3&4 R Walk forward, L Walk forward, R-L-R Shuffle forward

L Walk back, R Walk back, L-R-L Shuffle back

Rock Step forward, Shuffle (zurück in ballroom position)

1,2,3&4 L Rock Step forward, R Recover, L-R-L Shuffle

R Rock Step back, L Recover, R-L-R Shuffle

Repeat