

# Free

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**Count:** 32

**Wall:** 2

**Level:** Improver

**Choreographer:** Alan Birchall (UK)

**Music:** Free - Seal : (CD: Soul)

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**Start: On Lyrics – 16 counts**

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

**START AGAIN**