

Be Free

Choreographer Maria Maag, DK

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Type of dance: 32 counts, 4 walls East coast swing Linedance
 Level: Beginner
 Music: I wish I knew how it would feel by John Legends & The Roots
 (Album-wake up) 2:43.
 Intro: 64 counts from first beat in music (29 secs. into track)
 Ending: **Wall 9, after 28 counts (facing 3:00), turn ¼ L stepping down L (29)**
The End ☺ ☺ ☺

Counts	Footwork	You face
1 – 8	Toe strut fw. R, side rock cross L, chasse R, back rock recover R	
1-2	Touch R toe fw. (1), step down R (2)	12:00
3&4	Rock L to L (3), recover R (&), cross L over R (4)	12:00
5&6	Step R to R (5), step L next to R (&), step R to R (6)	12:00
7-8	Rock back L (7), recover R (8)	12:00
9 – 16	Vine chasse ¼ L, rock fw. R, shuffle ½ R	
1-2	Step L to L (1), cross R behind L (2)	12:00
3&4	Step L to L (3), step R next to L (&), turn ¼ L stepping down L (4)	09:00
5-6	Rock fw. R (5), recover L (6)	09:00
7&8	Turn ¼ R stepping R to R (7), step L next to R (&), turn ¼ R stepping down R (8)	03:00
17 – 24	Rock fw. L, coaster step cross L, side rock R, behind side cross	
1-2	Rock fw. L (1), recover R (2)	03:00
3&4	Step back L (3), step R next to L (&), cross L in front of R (4)	03:00
5-6	Rock R to R (5), recover L (6)	03:00
7&8	Cross R behind L (7), step L to L (&), cross R over L (8)	03:00
25 – 32	Step L kick R, step R kick L, chasse L, back rock R	
1-2	Step L to L (1), kick R in front of L (2)	03:00
3-4	Step R to R (3), kick L in front of R (4)	03:00
5&6	Step L to L (5), step R next to L (&), step L to L (6)	03:00
7-8	Rock back R (7), recover L (8)	03:00

Have fun and enjoy...☺ ☺ ☺