Must Get Free (讓愛自由) (zh)

Count: 32 **Wall:** 4 **Level:** Intermediate/Advanced
Choreographer: Dan McInerney (UK) - 2009年09月
Music: Silk - Rachel Stevens : (CD: Funky Dory)

前奏： Starts: After 16 counts/9 seconds as she starts to sing “Dangerous is you to me…”16拍(約9秒）開始唱“Dangerous is you to me…”時起跳

第一段 Walk, Walk Walk, Turn, Step Turn
走, 走 走, 轉, 踏 轉

1-2 Towards R diagonal, step L forward and slightly across R (01:30)
面向右斜角, 左足於右足前交叉踏(面向1:30)

3,4 Step R forward and slightly across L, step L forward and slightly across R 右足於左足前交叉踏, 左足於右足前交叉踏

5-6 Step R forward and make a 1/2 turn L (weight ends on R) (07:30)
右足前踏, 左轉180度(重心在右足)(面向7:30)

7,8 Step weight forward onto L, Make 1/2 turn L stepping R back (01:30)
左足前踏, 左轉180度右足後踏(面向1:30)

第二段 Turn, Sweep Sweep, Rock Recover, Turn Sweep
轉, 繞, 繞, 下沉, 轉 繞

1-2 Make 1/2 L stepping L forward, sweep R around and in front of L (07:30)
左轉180度左足前踏, 右足繞至左足前(面向7:30)

3,4 Step on R as you sweep L around and in front of R, step onto L as you sweep R around and in front of L
右足踏左足繞至右足前, 左足踏右足繞至左足前

5,6 Rock forward onto R, recover weight back onto L
右足前下沉, 左足回復

7,8 Make 1/2 turn R stepping R forward, continue into another 1/2 turn R sweeping L around (07:30)
右轉180度右足前踏, 右轉180度左足繞(面向7:30)

Option: on the last two counts, instead of the two turns, sweep R behind into a sailor step 7&8 最後兩拍可以7&8右水手步的方式取代轉圈

RESTART: 16 counts into 4th wall (started facing 09:00), start the dance again facing 03:00 第四面牆(面向9點鐘), 跳至此會面向3點鐘時從頭起跳

TAG: 16 counts into 8th wall (started facing 12:00), dance the tag and then start the dance again from the beginning
第八面牆(面向12點鐘), 跳至此加4拍後從頭起跳

Spiral Turn, Step, Sweep 螺旋轉, 踏, 繞

1,2 Step L forward as you make a full spiral turn R (facing R diagonal)
左足前踏右轉圈(面向右斜角)

3,4 Step R forward, sweep L around as you begin the dance again from the start 右足前踏, 左足繞從頭起跳

第三段 Walk, Walk Walk, Spiral, Side Behind 走, 走 走, 螺旋轉, 側 後

1-2 Continuing the sweep, make 1/8 turn R finishing with the weight on L (slightly across R) (09:00)
左足繞, 右轉45度重心在左足於右足前交叉踏(面向9點鐘)

3,4 Making 1/4 R step R forward, making 1/4 R step L to L side (03:00)
右轉90度右足前踏, 右轉90度左足左踏(面向3點鐘)

5-6 Cross R over left as you make a full spiral turn R (03:00)
右足於左足前交叉踏右轉圈(面向3點鐘)

7,8 Step L to L side, step R behind L 左足左踏, 右足於左足後踏

Note: counts 1-2, 3 and 4 are a simple walk around
1-4拍可視為一個走步轉圈

Option: on count 5, simply cross R across L and hold for count 6
第5拍右足於左足前交叉踏, 第6拍以候取代轉圈

第四段 Sway, Sway Sway, Turn, Turn Side 擺臀, 擺臀, 擺臀, 轉, 轉 側

1-2 Stepping L to L side sway hips L over 2 counts
以2拍左足左踏左推臀

3,4 Sway hips R, sway hips L 右推臀, 左推臀

5-6 Make a 1/4 turn R as you step R forward, hold for count 6 (06:00)
右轉90度右足前踏, 候(面向6點鐘)

7,8 Make 1/2 turn R as you step L back, make 1/4 turn stepping R to R side (03:00) 右轉180度左足後踏, 右轉90度右足右踏(面向3點鐘)
