

# Free Spirit

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**Music:** Free Spirit - Andrea Spadoroi (Dance Super Stars 6 CD 267)  
Avail for download from [www.casa-musica-shop.de](http://www.casa-musica-shop.de)  
**Footwork:** Opposite except where noted  
**Rhythm/Phase** Waltz Phase V  
**Sequence:** Intro – A – Int – B – C – A - E                      Speed 45 rpm    Release 1.0 May 2018

## INTRO

- 1 - 4**    WAIT ; RAISE ARMS ; ROLL 3 TO SCP ; SLOW SIDE LOCK ;  
1        Wait 1 measure in op fc ptr & wall no hands joined lead foot free;  
2        Raise arms out to side,-, -;  
3        Trng LF fwd L to LOD, cont LF turn , bk R, cont LF trn fwd L blending to SCP;  
4        Thru R, sd & fwd L, trng body LF rise & XRIB(W thru L, sd R trng LF, XLIF) end slightly DC;

## PART A

- 1 - 4**    OPEN REVERSE TURN ; BK CHASSE SCP ; CROSS PIVOT SCAR ; CROSS HOVER SCP ;  
1        Fwd L comm LF turn, fwd & sd R cont trn, bk L CBJO(W bk R, sd & bk L trng LF, fwd R CBJO);  
2        Bk R trng LF, sd L/cl R, sd & fwd L to SCP DW(W fwd L, sd R/cl L, sd & fwd R SCP);  
3        Thru R comm. RT turn, sd & fwd L cont trng, fwd R to SCAR LOD(W thru L, fwd R trng RF, bk L to LOD);  
4        XLIF DW, fwd R to CP DW trng body RF, fwd L SCP DC(W XRIB, sd & bk L body trn R, fwd R DC);
- 5 - 8**    WEAVE TO SCP ; ; CHAIR & SLIP ; DOUBLE REVERSE ;  
5        Thru R, fwd L trng LF, sd R(W thru L commence LF trn, sd & bk R trng LF, sd L);  
6        XLIB CBMP, bk R CP trng LF, sd & fwd L SCP DW(W XRIF CBMP, fwd L CP, sd & fwd R SCP);  
7        Lowering on L step thru R with flexed knee, rec bk L trng LF, bk R slipping W to CP DC;  
8        Fwd L trn LF, fwd & sd R trn LF, spin LF on R to LOD  
(W bk R pull L foot to R, trn LF on R heel transfer weight to L/fwd R turning LF, XLIF of R);
- 9 - 12**    WHISK ; THRU CHASSE SCP ; CHAIR REC POINT/LADY ROLL OUT LOP ; SYNC VINE ;  
9        Fwd L, sd & fwd R , XLIB to SCP LOD(W bk R, sd & bk L, XRIB trng head to R in SCP);  
10       Thru R, sd L/cl R, sd & fwd L SCP;  
11       Lowering on L step thru R with flexed knee, rec bk L, point R foot bk(W fwd L trng LF, bk R, sd L) LOP fc WALL;  
12       Both XRIF/sd L, XRIB, sd L;
- 13 - 16**    SLOW CROSS CHECK & EXTEND ; REC MAN POINT/LADY SWIVEL SCP ; QUICK OPEN REV ;  
RISING LOCK ;  
13       Both lowering on L step thru R with flexed knee, hold and extend trailing arms out to sd, continue extend;  
14       Rec bk L, hold lead W to step to RLOD, trng body RF to SCP(W rec bk L trng RF, fwd R, swiv RF to SCP);  
15       Thru R, fwd L commencing LF turn/sd R, XLIB of R CBJO  
(W thru L turning LF, sd & bk R to CP turning L fc/sd L, XRIF of L);  
16       Bk R trng LF, sd & fwd L, cont trng body LF rise & XRIB(W fwd L, sd & fwd R trng LF, XLIF);

## INTERLUDE

- 1 - 4**    DRAG HESITATION ; BK BK/LK BK ; OUTSIDE SPIN ; BOX FINISH ;  
1        Fwd L, fwd & sd R turning LF, draw L to R no weight Contra BJO;  
2        Bk L, bk R/XLIF, bk R(W fwd R, fwd L/XRIB, fwd L);  
3        Small bk R trng RF, fwd R outsd W, sd & bk L CP DRW(W fwd R outsd M, cl L to R trng RF, fwd R to CP);  
4        Bk R, trng LF sd L, cl R fc DW;

## PART B

- 1 - 4**     **WHISK ; WING ; TURN LEFT CHASSE BJO ; OUTSIDE CHNGE SCP ;**  
1     Fwd L, sd & fwd R , XLIB to SCP LOD(W bk R, sd & bk L, XRIB trng head to R in SCP);  
2     Thru R, draw L to R trng body LF, tch L to R(W fwd around M L, R, L to SCAR DC);  
3     Fwd L, sd & fwd R/cl L, sd R(W bk R, sd & bk L/cl R, sd L);  
4     XLIB CBJO, bk R DC CP, trng LF sd & fwd L DW(W XRIF, fwd L CP, sd & fwd R SCP);
- 5 - 8**     **IN & OUT RUNS ; ; LEFT WHISK ; REC HOVER SCP ;**  
5     Thru R turning RF, fwd & sd L in front of W cont RF trn, bk R CBJO(W thru L, fwd R , fwd L);  
6     Bk L turning RF, sd & fwd R between W feet, fwd L SCP LOD  
    (W fwd R turning RF, fwd & sd L in front of M, turn to SCP fwd R);  
7     Thru R, sd L LOD, XRIB of L ball flat turning slightly LF;  
8     Rec L, sd R with hover action, rec L SCP;
- 9 - 12**    **THRU SYNC VINE ; OPEN NATURAL ; HESITATION CHANGE ; REVERSE FALLAWAY SLIP ;**  
9     Thru R/sd L, XRIB, sd L;  
10    Thru R turning RF, fwd & sd L in front of W cont RF trn, bk R CBJO(W thru L, fwd R , fwd L);  
11    Bk L trng RF, sd & fwd R, drw L to R no weight to CP DC(W fwd R between M's feet, fwd & sd L, drw R to L);  
12    Fwd L trng LF/sd R, XLIB, bk R trng LF slipping W to CP DW(W bk R/sd & bk L, XRIB, trng LF fwd L cont trng LF);
- 13 - 16**   **HOVER TELEMAR ; CHAIR & SLIP LOD ; FWD RIGHT LUNGE ; SLOW REC & SLIP ;**  
13    Fwd L, fwd R trng body RF, fwd L SCP DLW(W bk R, bk L trng RF, fwd R SCP);  
14    Lowering on L step thru R with flexed knee, rec bk L trng LF, bk R slipping W to CP LOD;  
15    Fwd L, fwd R with relaxed knee & left side stretch keeping heads to left, -;  
16    Rec L, trng body LF to CP , bk R fc DC;

## PART C

- 1 - 4**     **OPEN REVERSE TURN ; OUTSIDE CHECK ; OUTSIDE SPIN ; QUICK LOCK/SLOW LOCK ;**  
1     Fwd L comm LF turn, fwd & sd R cont trn, bk L CBJO(W bk R, sd & bk L trng LF, fwd R CBJO);  
2     Bk R to CP, sd & fwd L, fwd R checking to BJO DRW;  
3     Small bk R trng RF, fwd R outsd W, sd & bk L CP DRW(W fwd R outsd M, cl L to R trng RF, fwd R to CP);  
4     With rt sd lead bk R/XLIF, bk R, XLIF(W fwd L/XRIB, fwd L, XRIB);
- 5 - 8**     **BK CHASSE BJO ; CURVED FEATHER ; IMPETUS SCP ; START WEAVE ;**  
5     Bk R trng LF, sd L/cl R, sd & fwd L to BJO DW(W fwd L, sd R/cl L, sd & bk R BJO);  
6     Fwd R start RF turn, fwd & sd L, with RF body turn check fwd R in BJO DRW(W bk L, sd R, bk L BJO);  
7     Bk L pull R past L trng RF on L heel, cl R to L rising, fwd L to SCP DC(W fwd R, fwd L trng RF, fwd L DC);  
8     Thru R, fwd L trng LF, sd R(W thru L commence LF trn, sd & bk R trng LF, sd L);
- 9 - 12**    **FINISH WEAVE ; MANUEVER ; SPIN TURN ; BOX FINISH ;**  
9     XLIB CBMP, bk R CP trng LF, sd & fwd L BJO DW(W XRIF CBMP, fwd L CP trng LF, sd & bk R BJO);  
10    Fwd R outsid ptrn, fwd & sd L turning RF, cl R to L CP RLOD(W bk L, bk & sd R, cl L);  
11    Bk L piv 1/2 RF, fwd R rising cont turn 1/8<sup>th</sup>, bk L toward DRC (W fwd R pivot RF, bk L rising brush R to L, fwd R CP);  
12    Bk R, trng LF sd L, cl R CP DC;

End

- 1 - 4**     **DIAMOND TURN ; ; ; ;**  
1     Fwd L trng LF, sd & bk R, bk L to BJO DRC;  
2     Bk R to CP trng LF, sd & fwd L, fwd R BJO DRW;  
3     Fwd L to CP trng LF, sd & bk R, bk L to BJO DW;  
4     Bk R to CP trng LF, sd & fwd L, fwd R BJO DC;
- 5 - 7**     **OPEN TELEMAR ; THRU PROMENADE SWAY ; OVERSWAY ;**  
5     Fwd L comm LF trn, sd & fwd R cont trng LF, fwd L SCP DW  
    (W bk R draw L heel past R, turning LF close L to R, fwd R SCP DW);  
6     Thru R, sd L with L sd stretch,-;  
7     Lower on L turning body LF to DW R ft extending to RLOD,-,(W lower on R turning body LF L ft pointing RLOD,-,-);