Jeff \& Thelma Mills
Country Western
Dance Instructor
N.T.A. Level 2
G.P.T.D

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## Free Spirit

Partner Dance: 64 Count - Intermediate - Choreographers: Jeff \& Thelma Mills. Start Position: Open Promenade - Holding Inside Hands - Facing LOD Suggested Dance Music: From Time To Time - Ashley Monroe - 94 BPM

## Gent

Step $1 / 2$ Pivot Turn. Chasse - Forward. Walk x 2. Triple Step
1-2 Step forward L. Pivot $1 / 2$ turn right - RLOD
3\&4 Step L to left side. Step R next to left. Step forward L.
5-6 Walk forward R. Walk forward L
7\&8 Triple step forward RLR

## Lady

Count 2: Release inside hands. Count 5: Touch right palm to right palm. Counts 7\&8: Rejoin inside hands gents right, ladies left.

Step $1 / 2$ Pivot Turn. Chasse - Forward. Walk $x$ 2. Triple Step
1-2 Step forward L. Pivot $1 / 2$ turn right - LOD
3\&4 Step L to left side. Step R next to left. Step forward L.
5-6 Walk forward R. Walk forward $L$
7\&8 Triple step forward RLR
Count 2: Release inside hands. Count 5: Touch right palm to right palm. Counts 7\&8: Rejoin inside hands gents right, ladies left.

## Both: $1 / 4$ Turn $\times 2$. Triple Step Back. $1 / 4$ Turn $\times 2$. Walk $\times 2$

1-2 Step forward $L^{1 / 4}$ turn left. $1 / 4$ turn left stepping back onto R. Step forward R $1 / 4$ turn right. $1 / 4$ turn right stepping back onto L - RLOD 3\&4 Triple step back LRL. Triple step back RLR.
$5 \quad 1 / 4$ Turn left stepping back onto R . $\quad 1 / 4$ Turn right stepping back onto L .
$6 \quad 1 / 4$ Turn left stepping forward onto L . $1 / 4$ Turn right stepping forward onto R .
7-8 Walk forward RL. Walk forward LR.
Counts 1-2: Release inside hands. Counts 3\&4: Rejoin inside hands gents left, ladies right.
Counts 5-6: Release inside hands. Counts 7\&8: Rejoin inside hands gents right, ladies left.

## Both: Rocking Chair. Rock Step. Coaster $1 / 4$ Turn Cross

1-2 Rock forward onto R. Recover back onto L Rock forward onto L. Recover back onto R
3-4 Rock back onto R. Recover forward onto L Rock back onto L. Recover forward onto R
5-6 Rock forward onto R. Recover back onto L Rock forward onto L. Recover back onto R
$7 \& 8$ Step back R. Step L $1 / 4$ turn right. Cross R over left - OLOD Step back L. Step R $1 / 4$ turn left. Cross L over right - ILOD
Count 8: Go into double open hand hold
Weave. Weave $1 / 4$ Turn
1-2 Step L to left side. Step R behind left
Weave. $1 / 4$ Turn. $1 / 2$ Turn. Walk x 2
3-4 Step L to left side. Step R over left
5-6 Step L to left side. Step R behind left
Step R to right side. Step L behind right
Step R to right side. Step L over right
$1 / 4$ Turn left stepping back onto R. Make $1 / 2$ turn left
stepping forward onto $\mathrm{L}-\mathrm{LOD}$
7-8 Step L $1 / 4$ turn left. Step forward R - LOD
Walk forward R. Walk forward L
Count 5: Raise gents left, ladies right and lower gents right, ladies left. Count 6: Release hands and rejoin inside hands gents right ladies left.

## Both: Step Lock. Triple Step $\times 2$

1-2 Step forward L. Step and lock $R$ behind left
3\&4 Triple step forward LRL
5-6 Step forward R. Step and lock $L$ behind right
7\&8 Triple step forward RLR

Step forward R. Step and lock $L$ behind right
Triple step forward RLR
Step forward L. Step and lock R behind left
Triple step forward LRL

## Both: Step Pivot $1 / 4$ Turn. Sailor Step. $1 / 4$ Sailor Turn. Walk $x 2$

1-2 Step forward L. Pivot $1 / 4$ turn right - OLOD
3\&4 Step L behind right. Step R to right side. Step L to left side
$5 \& 6$ Step R behind left. Step L $1 / 4$ turn right. Step forward R - RLOD
7-8 Walk forward L. Walk forward R
Count 2: Go into double open hand hold. Count 5\&: Release gents right, ladies left

Step forward R. Pivot $1 / 4$ turn left - ILOD
Step R behind left. Step L to left side. Step R to right side Step L behind R. Step R $1 / 4$ turn left. Step forward L - RLOD Walk forward R. Walk forward L

Both: Rock Step. $1 / 2$ Triple Turn. $1 / 2$ Travelling Pivot Turns x 2. Trile Step
1-2 Rock forward onto L . Recover back onto R Rock forward onto R. Recover back onto L
$3 \& 4 \quad 1 / 2$ Triple turn left LRL - LOD
5-6 Pivot $1 / 2$ turn left back onto R. Pivot $1 / 2$ turn left onto L
7\&8 Triple step forward RLR
$1 / 2$ Triple turn right RLR - LOD
Pivot $1 / 2$ turn right back onto L. Pivot $1 / 2$ turn left onto R
Triple step forward LRL

Counts 3\&4: Release inside hands. Counts 7\&8: Rejoin inside hands gents right, ladies left.

