

# FREI WIE EIN SCHMETTERLING [Free As A Butterfly]

**Music:** Mara Kayser  
Cd: Herzliche Grüßen  
<https://music.apple.com/cy/album/herzliche-gr%C3%BC%C3%9Fe/723953978>  
Track # 8 Time 2:48 Available from choreographer

**Rhythm:** Two Step Phase: II+2

**Footwork:** Opposite except where (Noted)

**Release Date:** May 24

**Choreo:** Jos Dierickx Beverlosestwg 14B2 3583 Paal Belgium

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**Sequence:** INTRO ABC A BB END



## INTRO

**01-04 BFLY POS WALL LEAD FOOT FREE WAIT 2 MEASURES ; ; APART POINT ; TOGETHER TOUCH to SCP LOD ;**  
{Wait} Bfly Pos Wall Id ft free wt 2 meas ; ; {Apt & Pt} Apt L, -, pt R twd ptr, -; {Together & to SCP LOD & Tch} Tog R to SCP LOD, -, tch L, -;

**05-08 TWO FORWARD TWO's CHECKG ; ; CUT BACK TWICE ; DIP BACK & RECOVER to FACE;**  
{2 Fwd Two's Checkg} Fwd L, cl R, fwd L, -; Fwd R, cl L, fwd R, chkg, -; {Cut Bk x 2} [QQQQ] XLif (W XRif), bk R, XLif (W XRif), bk R ; {Dip Bk & Rec to Fc} [SS] Rk bk L lowerg into soft knee, -, rec R swiv RF to fcg ptr & Bfly WALL, -;

## PART A

**01-04 TWIRL/VINE 2 to BFLY ; SIDE & THRU to SCP LOD ; TWO FORWARD TWO's CHECKG ; ;**  
{Twirl/Vine 2 to CP} [SS] [Raisg jnd Id hnds] Sd L, -, XRib (W twrl RF under jnd Id hnds R, -, L) to BFLY WALL, -; {Sd & Thru to SCP LOD} [SS] Sd L, -, thru R, to SCP LOD, -; {2 Fwd Two's Checkg} Repeat meas 5,6 Intro ; ;

**05-08 CUT BACK TWICE ; DIP BACK & RECOVER to FACE ; 2 TURNING TWO'S end to BFLY ; ;**  
{Cut Bk x 2} Repeat meas 7 Intro ; {Dip Bk & Rec to Fc} Repeat meas 8 Intro ; {2 Trng Two's to Bfly} Sd L stg RF trn, cl R, bk L compg ½ RF trn, -; Sd R contg RF trn, cl L, fwd R contg RF trn to BFLY WALL, -;

**09-12 TRAVELING DOOR BOTH WAYS to BFLY ; ; ; ;**  
{Traveling Door Both Ways to Bfly} [SS] Rk sd L, -, rec R, -; XLif (W XRif), sd R, XLif (W XRif), -; [SS] Rk sd R, -, rec L, -; XRif (W XLif), sd L, XRif (W XLif) to BFLY WALL, -;

**13-16 CIRCLE BOX ; ; HITCH APART ; SCISSOR THRU ;**  
{Circle Box} [Raisg Id hnds] Sd L, cl R, fwd L (W RF trn under jnd Id hnds fwd R, L, R, -; Sd R, cl L, bk R (W cont RF trn under jnd Id hnds fwd L, R, L) to BFLY WALL, -; {Hitch Apart} Bk L, cl R, fwd L (W bk R, cl L, fwd R) to CP WALL, -; {Scissors Thru} Sd R, cl L, XRif (W XLif) to SCP LOD, -;

**17-18 DIAGONAL VINE 3 APART & TOGETHER to BFLY ; ;**  
{Diag Vine 3 Apt & Tog to BFLY} {Relsg both hnds} Travg diag DLC (W DLW) sd L, XRib (W XLib), sd L, -; Travg diag DLW (W DLC) sd R, XLib (W XRib), sd R trng RF to BFLY WALL, -;

## PART B

**01-04 FACE to FACE ; BACK to BACK On AROUND ; BACK HITCH ; SCISSOR to PICKUP ;**  
{Fc to Fc} Sd L, cl R, sd & fwd L trng LF 3/8 to V-BK-TO-BK, -; {Bk to Bk on Around} Sd R, cl L, sd R trng LF to L-OP RLOD, -; {Bk Hitch} Bk L, cl R, fwd L (W bk R, cl L, fwd R), -; {Scissor to Pickup} Sd R twd RLOD, cl L, thru R & blend to CP LOD, -;

**05-08 PROGRESSIVE SCISSORS SCAR & BJO CHECKG ; ; FISHTAIL ; WALK & FACE ;**  
{Progressive Scissors Scar & Bjo Checkg} Sd L trng sltly RF, cl R, XLif to SCAR DLW, -; trng LF sd R, cl L, XRif to BJO DLC checkg, -; {Fishtail} [QQQQ] XLib, sd R, sd & fwd L, lk Rib ; {Walk & Fc to BFLY} [SS] Fwd L, -, fwd R trng ¼ RF to BFLY WALL, -;

**09-12 VINE 2 FACE to FACE ; ; VINE 2 BACK to BACK ; ;**  
{Vine 2 Fc to Fc} [SS] Sd L, -, XRib (W XLib), -; Sd L, cl R, trng 3/8 LF, sd & fwd L to almost BK-TO-BK, -; {Vine 2 Bk to Bk} [SS] Sd R, -, XLib (XRib), -; Sd R, cl L, trng 3/8 RF sd & fwd R to CP WALL, -;

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### 13-16 STROLLING VINE ; ; ; ;

{**Strolling Vine**} [SS] Sd L, -, XRib (*W XLif*), -; Sd L, cl R, sd L trng ½ LF to WALL, -; [SS] Sd R, -, XLib (*W XRif*), -; Sd R, -, cl L, sd R trng ½ RF to CP WALL, -;

### 17-18 SLOW OP VINE 4 ; ;

{**Slow OP Vine 4**} [SS;SS] [Relsg trl hnds] Sd L, -, XRib (*WXLib*) to LOP RLOD, -; Trng to fc Sd & fwd L, -, XRif (*W XLif*) to BFLY WALL, -;

## PART C

### 01-04 VINE 3 ; WRAP in 3 ; UNWRAP ; CHANGE SIDES ;

{**Vine 3 & Tch**} Sd L, XRib (*W XLib*), sd L ckg, tch ; {**Wrap in 3**} [Raisg jnd ld hnds] Sd R, XLib trng ¼ LF, sd & bk R, tch (*W trng ¾ LF undr jnd ld arms L, R, L, tch*) to WRP LOD ; {**W Unwrap**} [Relg ld hnds] ip L, R, L, tch (*W unwraps RF R, L, R, tch ckg*) to OP LOD ; {**Chng Sides to BFLY**} [Raisg trl hnds] Circ ½ RF arnd W fwd R, L, R, tch (*W trn ½ LF under raised trl hnds L, R, L, tch*) to BFLY COH, -;

### 05-08 To RLOD VINE 3 ; WRAP in 3 ; UNWRAP ; CHANGE SIDES to BFLY ;

{**Vine 3 & Tch to RLOD**} To RLOD Repeat meas 1 Part C ; {**W Wrap in 3**} Repeat meas 2 Part C to WRP RLOD ; {**W Unwrap**} Repeat meas 3 Part C to OP RLOD ; {**Chng Sides to BFLY**} Repeat meas 4 Part C to BFLY WALL ;

## ENDING

### 01-04 BREAKAWAY TWICE ; ; TWIRL/VINE 2 ; STEP APART & POINT to PARTNER ;

{**Breakaway x 2**} Sd L, bk R trn RF to LOP, rec L trn LF to fcg ptr, -; Sd R, bk L trn LF to OP, rec R trn RF to fcg ptr, -; {**Twirl/Vine 2**} Repeat meas 1 Part A ; {**Step Apt & Pt to Ptr**} [SS] Rk bk L, -, Pt to Ptr, -;