

MEINE KLEINE FREIHEIT [My Little Freedom]

Music: Angela Wiedl
<https://www.amazon.de/Das-Beste-Angela-Wiedl/dp/B0767DV7PY>
Cd:Das Beste Track # 25 Time 3:58 Slow down w/-5% to Time
Available from choreographer

Rhythm: Rumba Phase: V

Footwork: Opposite except where (Noted)

Release Date: Oct 24

Choreo: Jos Dierickx Beverloestweg 14b2 3583 Paal Belgium

Email: jos.dierickx@telenet.be

Sequence: INTRO AB AB C INTRO(3-8) B END



INTRO

01-04 BFLY POS WALL LEAD FOOT FREE WAIT 2 MEASURES ; ; OP HIP TWIST INTO FAN ; ;

{Wait} Bfly Pos Wall ld ft free wt 2 meas ; ; {OP Hip Twist to Fan} Fwd L, rec R, cl L (W bk R, rec L, fwd R w/ tention to ld arm to swiv ¼ RF) end L-Shape M fc Wall W fc LOD, -; Bk R, rec L, sd R (W fwd L, trng ½ LF sd R, bk L) to Fan Pos, -;

05-08 EXIT FAN to TANDEM WALL ; OPPOSITE CUCARACHA'S /W PEEK TWICE ; ; W ROLL OUT to WALL [2^{de} TIME: rt Hndshk] ;

{Exit Fan to Tandem Wall} Fwd L, rec R, cl L raisg ld hnds (W cl R, fwd L trng ¼ LF to Wall, fwd R) to Tandem WALL [ld hnds still over W's head], -; {Opp Cucaracha/W Peek x 2} Sd R, rec L, cl R (W sd L lookg ovr rt shldr, rec R, cl L), -; Sd L, rec R, cl L (W sd R lookg ovr lft shldr, rec L, cl R), -; {W Roll Out to WALL} Bk R, rec L, fwd R (W fwd L, fwd R trng ½ LF, cl L) to BFLY WALL [2^{de}-Time: rt Hndshk], -;

PART A

01-04 BACK BREAK BOTH SPIRAL to OP LOD ; AIDA ; SWITCH ROCK ; SPOT TURN ;

{Bk Break Both Spiral} XLib trng to OP LOD, rec R, twd LOD fwd L & spiral 7/8 RF (W fwd R & spiral LF), -; {Aida} Fwd R, fwd L trng RF, bk R cont RF trn to V-bk-to-bk pos RLOD, -; {Switch Rock} Sd & bk L trng LF to fc ptr, hip rk R, hip rk L, -; {Spot Trn} Relg both hnds XRif (W XLif) trng LF, rec L compg full trn, sd R to BFLY WALL, -;

05-08 OP BREAK to FULL NATURAL TOP ; ; ;

{OP Break to Full Nat Trn} Rk apt L xtndg rt arm up w/ palm out, rec R lowerg rt arm trng ¼ RF, sd L (W rk apt R xtndg lft arm up w/ palm out, rec L lowerg lft arm, trng ¼ RF fwd R) to RLOD, -; XRib, sd L, XRib (W sd L, XRif, sd L), -; Sd L, XRib, sd L (W XRif, sd L, XRif), -; XRib, sd L, cl R (W sd L, XRif, cl L) to CP WALL, -;

09-12 CUDDLE TWICE ; ; SCALLOP ; ;

{Cuddle x 2} Sd L, rec R, cl L (W swiv RF on L rk bk R in M's rt arm to fc DLW, rec L to fc ptr, sd R to mom cuddle pos), -; Sd R, rec L, cl R (W swiv LF on R rk bk L in M's lft arm to fc DRW, rec R to fc ptr, sd L to mom cuddle pos), -; {Scallop} Trng sharply to SCP LOD XLib (W XRib), rec R trng sharply to CP, sd L, -; Thru R trng sharply to SCP LOD, sd L trng sharply to CP, cl R, -;

13-16 TWISTY VINE 3 ; MANUVER PIVOT to WALL ; TWISTY VINE 3 ; MANUVER PIVOT to WALL ;

{Twisty Vine 3} Trng RF sd L to fc, XRib to Scar DRW, trng LF sd & fwd L to BJO DLW to Manvrg, -; {Manuver & Pivot 2 to Wall} Fwd R trng RF ifo W to CP DRW, cont RF trn bk L LOD pivot 3/8 RF, cont RF trn fwd R LOD pivot ¼ RF to CP WALL, -; Repeat meas 13,14 to Part A to rt Hndshk WALL ; ;

PART B

01-04 TRADE PLACES TWICE ; ; TRADE PLACES/W SPIRAL ; W OUT to FACE ;

{Trade Places x 2} [rt hndshk] Rk apt L, rec R trng ¼ RF to fc RLOD beh W then rel jnd rt hnds, cont to trn RF to fc ptr & COH stepping sd & bk L (W rk apt R, rec L trng ¼ LF to fc RLOD ifo M then rel jnd rt hnds, cont LF trn to fc ptr & WALL stepping sd & bk R) jng lft hnds, -; With lft hnds jnd rk apt R, rec L trng ¼ LF to fc RLOD beh W then rel jnd lft hnds, cont to trn LF to fc ptr & WALL stepping sd & bk R (W rk apt L, rec R trng ¼ RF to fc RLOD ifo M then rel jnd lft hnds, cont RF trn to fc ptr & COH stepping sd & bk L) jng rt hnds, -; {Trade Places/W Spiral} Rk apt L, rec R comm to pass rt shldrs while trng ¼ LF and keepg rt hnds jnd, cont to trn LF but slightly less than in meas 1 stepping sd L twd COH (W apt R, rec L, fwd R, spiralg 7/8 LF undr rt hnds), -; {W Out to Fc} [rel hnds] Trng bdy RF to fc COH stp fwd twd COH R, L, R (W fwd COH L, fwd R trng ½ LF to fc WALL, sd & bk L) to BFLY COH, -;

05-08 BASIC HALF; DBL HAND UNDERARM TURN to STACKED HANDS ; OP BREAK to FACE ; CHANGE SIDES/W UNDERARM ;
{Basic ½ to Low BFLY} Fwd L, rec R, cl L (*W bk R, rec L, sd R*) to Low Bfly, -; **{DBL Handhold Underarm Trn to Stacked Hnds}** [Raisg ld arm high & bringing trl arm up to rt shldr level] XRib & takg ld arm first over W's head], rec L taking rt arm over W's head, sd R (*W XLif trng RF under ld arm, rec R contg to trn under trl arm to fc M, sd L*) to stacked hnds-lft-over-rt, -; **{OP Break to Fc}** With stacked hnds Apt L, rec R, fwd L to fcg W's rt sd, -; **{Change Sides /W Underarm}** Fwd R to COH passing W's rt sd trng RF lead W trn under stacked hnds, small fwd L cont RF trn to fc, sd R (*W fwd L to WALL twd M's rt sd trng LF under stacked hnds chg sds, cl R cont LF trn to fc, sd L*) to BFLY WALL, -;

09-12 BACK BREAK to ½ OP LOD ; OP IN & OUT RUNS ; ; FENCE LINE w/ ARMSWEEP ;
{Bk Break to ½ OP LOD} XLib trng to ½ OP LOD, rec R, fwd L twd ½ OP LOD, -; **{OP In & Out Runs}** Fwd R begin RF trn, sd & fwd L Xg ifo W cont trn, sd & fwd R to ½ LOP LOD [w/ trail arms out to sd] (*W fwd L, R, L*), -; Fwd L, R, L (*W fwd R begin RF trn, sd & fwd L Xg ifo M cont trn, fwd & sd R*) to ½ OP DLC [w/ lead arms out to sd], -; **{Fence Line w/ Armsweep}** XRif bent knee right arm circle CCW (*W CW*) ifo body, rec bk R, sd L to BFLY WALL, -;

13-16 REVERSE UNDERARM TURN ; THRU SERPIENTE ; ; CUCARACHA RIGHT ;
{Reverse Undarm Trn} Raisg jnd ld hnds XLif, rec R, sd L (*W XRif undr jnd ld hnds trng ½ LF, rec L contg LF trn to fc ptr, sd R*) to BFLY WALL, -; **{Thru Serpiente}** [QQQQ;QQQQ] Thru R, sd L, XRib (*W XLib*), flare CCW w/ L ft ; XLib (*W XRib*), sd R, XLif (*W XRif*), flare CCW w/ R ft ; **{Cucaracha Right}** Sd R w/ partial wgt, rec L, cl R to BFLY WALL, -;

PART C

01-04 ALEMANA ; ; OP HIP TWIST INTO FAN ; ;
{Alemana} Fwd L, rec R, cl L (*W bk R, fwd L, fwd R swivlg to lft sd of M*), -; Raisg jnd ld hnds sm sd & bk R, rec L, fwd & sd R (*W trng RF undr jnd hnds fwd L, fwd R cont trn to fc, fwd & sd L to fc ptr*) to BFLY WALL, -; **{OP Hip Twist to Fan}** Repeat meas 3,4 Intro ; ;

05-08 STOP & GO HOCKEY STICK ; ; HOCKEY STICK ; ;
{Stop & Go Hockey Stick} Raisg ld hnds Ck fwd L, rec R, trng slightly LF cl L (*W cl R, fwd L, fwd R trng ½ LF under jned ld hnds*), -; Ck fwd R, rec L trng RF, sd R (*W ck bk L raisg ld arm straight up palm out, rec R lowerng arm, fwd L trng ½ RF under jnd ld hnds*), -; **{Hockey Stick}** Fwd L, rec R, cl L (*W cl R, fwd L, fwd R*), -; Sm bk R, rec L, long fwd R (*W fwd L, fwd R trng sharply 5/8 LF undr jnd ld hnds, bk L*) to LOP-FCG DRW, -;

09-10 ALEMANA ; ;
{Alemana} Repeat meas 1,2 Part C ; ;

ENDING

01-04 REVERSE UNDERARM TURN ; THRU SERPIENTE ; ; CROSS CHECK to BJO/W DEVELOPE ;
{Reverse Undarm Trn} Repeat meas 13 Part B ; **{Thru Serpiente}** Repeat meas 14,15 Part B ; ; **{Cross Check to BJO/W Developpe}** [1--] Fwd R outsd ptr/swvlg on L ft LF DLW, pt L to R, hold shaping twd W to BJO DLW (*W bk L/swvlg LF on R ft to fc DRC, bring L ft [w/ toe pntd down] up R leg to insd of R knee, extend L ft fwd*) ;

05-08 BACK to FACE & HIP ROCKS ; FENCE LINE w/ ARMSWEEP ; FENCE LINE in 4 ; AIDA to RLOD & EXTEND ARMS ;
{Bk to Fc & Hip Rocks} Bk L swiv to Wall hnds low, rk sd R, rk sd L to BFLY WALL, -; **{Fence Line w/ Armsweep}** Repeat meas 12 Part B ; **{Fence Line in 4}** [QQQQ] XLif (*W XRif*) w/ bent knee, rec R, sd L, cl R ; **{Aida to Rlod & Extend Free Arms}** Thru L, sd R trng LF, bk L cont LF trn to V-bk-to-bk pos LOD, extndg free arms up & out ;