

Free Spirit

Dance By: Bev Oren, 1909 Lobo Court, Riverside, CA 92501, (951) 264-7320, BevQsRnds@aol.com
Download: "Free Spirit" by Andrea Spadaroi. Music available through Casa Musica
Music Link: <http://www.casa-musica-shop.de/search.aspx?query=free%20spirit>
Rhythm/Phase: Waltz, ROUNDALAB Phase V +0+1 Unph [Semi Chasse] **Difficulty:** Easy
Footwork: Opposite, directions for M (except where noted) **Released:** March 2018
Sequence: Intro, A, B, C, A*, End **Time:** 2:48 @ 100% Download Speed; adjust to suit

INTRO

[WRAPPED POS DLC] WAIT; Lady ROLL OUT; CROS LUNGE; REC, SD, CLOS-Lady REC, SD & SWIVEL to CP, TCH;

- 1 Wait one measure in WRAP POS DLC right foot free for both;
- 2 ¹⁽²³⁾ Sd R, -, - (*W roll RF R, L, R*) to OP DLC;
- 3 ¹ X lunge L with bent knee looking twd LOD lead hnds extended out parallel to floor, -, -;
- 4 Rec R, small sd L, cl R (*W rec R, sd L swivel 1/2 LF to CP, tch R*) to CP DLC;

PART A

[CP DLC] TELEMAR to SCP; NAT HOVER CROSS;; TRN LT & CHASSE to BJO;

- 1 Fwd L comm LF trn, sd R cont LF trn, sd & slightly fwd L (*W bk R comm LF trn bringing L beside R with no weight, trn LF on right heel [heel trn] and chg weight to L, sd & slightly fwd R*) to SCP DLW;
- 2 Fwd R comm RF trn, sd L with left sd stretch, sd R cont RF trn (*W fwd L, fwd R comm RF trn, sd L cont RF trn*) to BJO DLC;
- 3 ^{12&3} Fwd L outside ptr in CBMP on toe with right sd stretch, rec R with slight left sd lead/sd & fwd L, fwd R outside ptr in CBMP on toe with left sd stretch (*W with left sd stretch bk R in CBMP on toe, rec L with slight right sd lead/sd & bk R, with right sd stretch bk L*) to BJO DLC;
- 4 ^{12&3} Fwd L comm LF upper body trn, sd R cont trn/cl L, sd R comp trn (*W bk R comm LF upper body trn, sd L cont trn/cl R, sd L comp trn*) to BJO DRC;

[BJO DRC] IMPETUS to SCP; VIENNESE CROSS; HOVER CORTE; BK & CHASSE to SCAR DRW;

- 5 Bk L comm RF upper body trn, cl R to L [heel turn] cont RF trn, comp trn fwd L (*W fwd R heel to toe pivoting 1/2 RF, sd & fwd L cont RF trn brush R to L, comp trn fwd R*) to SCP LOD;
- 6 ^{123&} Thru R with LF upper body rotation, fwd L comm LF trn, sd R cont LF trn/XLIF (*W thru L trng LF to CP, bk R comm LF trn, sd L cont LF trn/cl R*) to CP LOD;
- 7 Bk R starting LF trn, sd & fwd L with hovering action cont body trn, rec R with right sd lead (*W fwd L trng LF, sd & fwd R with hovering action, rec L with left sd lead*) to BJO DLW;
- 8 ^{12&3} Bk L comm RF upper body trn, sd R cont trn/cl L, fwd & sd R to SCAR DRW;

[SCAR DRW] CROSS SWIVEL, Lady DEVELOPÉ; CURVED FEATHER; OUTSIDE SPIN; to RT TRNG LK to SCP;

- 9 Fwd L outside ptr swiveling LF on L foot to fc DLC, pt R sd & bk twd DRW, hold (*W bk R swiveling LF to fc DRC, bring L foot [with toe pointed down] up R leg to inside of R knee, extend L foot fwd*);
- 10 Fwd R comm RF trn, with left side stretch cont RF trn sd & fwd L, cont upper body RF trn with left side stretch fwd R outside ptr ckg (*W bk L comm RF trn, staying well in M's right arm with right side stretch cont RF trn sd & bk R, cont upper body RF trn with right side stretch bk L*) to BJO DRW;
- 11 Comm RF body trn toeing in with right sd lead bk L in CBMP small step 3/8 trn to right on step 1, fwd R in CBMP heel to toe cont to trn RF, [3/8 RF trn btwn steps 2&3] sd & bk L to end in CP 1/4 RF trn on step 3 (*W comm RF body trn with left sd lead staying well in the M's right arm fwd R in CBMP outside ptr heel to toe, cl L to R on toes of both feet 5/8 trn btwn steps 1&2, cont to trn RF 1/4 btwn steps 2&3 fwd R btwn M's feet to end in CP 1/8 RF trn on step 3*) to end CP RLOD;
- 12 ^{1&23} Bk R backing line of dance with right sd lead comm RF trn/XLIF to fc COH, with slight left sd stretch cont RF upper body trn sd & fwd R between W's feet, fwd L (*W fwd L with left sd lead comm RF trn/XRIB, with slight right sd stretch fwd & sd L staying well into M's right arm cont RF trn, fwd R*) to SCP DLC;

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PART A cont.

[CP RLOD] RIPPLE CHASSE; WEAVE to SCP;; THRU to HINGE;

- 13 12&3 Thru R, sd & slightly fwd L with slight left sd stretch/cont left sd stretch into right sway cl R to L looking right holding sway, sd & fwd L;
- 14-15 Fwd R, fwd L comm LF trn, cont LF trn sd & slightly bk R to fc DRC; Bk L leading W to step outside to CBMP, bk R cont LF trn, sd & fwd L (*W fwd L comm LF trn, cont trn sd & slightly bk R, cont trn sd & fwd L; Fwd R outside M to CBMP, fwd L cont trn, sd R*) to SCP DLW;
- 16 Thru R comm LF trn, sd & fwd L trng 1/4 trn btwn steps 1 and 2 comm left sd stretch cont left sd stretch leading W to cross her left foot beh her right keeping left sd in to ptr, relax left knee and trn right knee to sway right to look at W (*W thru L comm LF trn, sd R trng 1/4 trn btwn steps 1 and 2 comm right sd stretch and cont right sd stretch swivel LF, XLIB keeping left sd in twd ptr relaxing left knee with R foot pointing and head to left*);

[SCP DLW] EXTEND ARMS; SD HOVER to SCP; SYNCO VINE; CHAIR & SLIP*;

- 17 --- Cont to relax L knee and extend the line with slight sway extending L arms out to sd looking twd and over W;
- 18 -23 Comm to rise leading W to rec out of hinge, trng slight RF sd R cont rising, sd & fwd L (*W rec R comm to rise (123) trng RF, sd L cont rise trng RF, sd & fwd R*) to SCP DLW;
- 19 12&3 Thru R, sd L/XRIF, sd L to SCP;
- 20 Ck thru R with lunge action, rec L, with slight LF upper body trn slip R beh L cont trn (*W ck thru L with lunge action, rec R, swivel LF on R and step fwd L outside M's right foot*) to CP DLC;
- *Note:** Change 2nd time thru Meas 20 PART A to: MANUV; Fwd R comm RF upper body trn, sd L cont RF trn to CP RLOD, cl R (*W fwd L, sd R, cl L*);

PART B

[CP DLC] DBL REV SPIN; OP REV TRN; to QK LK, SLO LK; BK & CHASSE to SCP;

- 1 12- (12&3) Fwd L comm LF trn, sd R trng 3/8 LF, spin 1/2 LF on ball of R bringing L foot under body beside R no weight flexed knees (*W bk R comm LF trn, cl L to R [heel trn] 1/2 LF/sd & slightly bk R cont LF trn, XLIF*) to CP LOD;
- 2 Fwd L trng LF, cont LF trn sd R, bk L (*W bk R trng LF, cont LF trn sd L, fwd R*) to BJO DRC;
- 3 1&23 With right sd lead and right sd stretch bk R/lk LIF, bk R, lk LIF;
- 4 12&3 Bk R comm LF trn, sd & fwd L cont trn/cl R, fwd & sd L (*W fwd L comm LF upper body trn, sd R cont trn/cl L, sd R*) to SCP DLW;

[SCP DLW] IN & OUT RUNS;; THRU to LT WHISK; REC to WHISK;

- 5-6 Fwd R starting RF trn, sd & bk L twd DLW to CP, bk R with right sd lead to BJO; Bk L trng RF, sd & fwd R btwn W's feet cont RF trn, fwd L (*W fwd L, fwd R btwn M's feet, fwd L outside ptr with left sd lead to BJO; Fwd R starting RF trn, fwd & sd L cont trn, fwd R*) to SCP DLC;
- 7 Thru R, sd & fwd L to CP, XRIB to RSCP DRW;
- 8 Thru L, sd & bk R, XLIB to SCP DLW;

[SCP DLW] OP NAT; TIPPLE CHASSE PIVOT; SPIN TRN; HOVER CORTE;

- 9 Comm RF upper body trn fwd R heel to toe, sd L across line of progression, cont slight RF upper body trn to lead ptr to step outside back R with right sd lead (*W comm RF upper body trn thru L, fwd R across line of dance, fwd L outside ptr with left sd lead*) to BJO RLOD;
- 10 12&3 Comm RF upper body trn bk L trng RF, sd R with slight LF stretch cont RF trn/cl L, fwd R pivot RF to CP RLOD;
- 11 Bk L comm RF upper body trn pivoting 1/2 RF to fc LOD, fwd R between W's feet heel to toe cont RF trn leaving left leg extended bk and sd, rec sd & bk L comp trn (*W fwd R comm RF upper body trn between M's feet heel to toe pivoting 1/2 RF, bk L toe cont trn brush R to L, sd & fwd R comp trn*);
- 12 Bk R starting LF trn, sd & fwd L with hovering action cont body trn, rec R with right sd lead (*W fwd L trng LF, sd & fwd R with hovering action, rec L with left sd lead*) to BJO DRC;

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PART B, cont.

[BJO DRC] IMPETUS to SCP; QK OP REV; BK to PROM SWAY; FALLAWAY & SLIP;

- 13 Bk L comm RF trn, cl R to L [heel turn] cont RF trn, sd & slightly fwd L (*W fwd R comm RF trn, pivot 1/2 RF sd & fwd L around M brush R to L, fwd R*) to SCP DLC;
- 14 12&3 Fwd R in CBMP, fwd L comm LF trn/sd & bk R, with right sd stretch bk L (*W fwd L comm LF trn, bk R cont LF trn/sd & fwd L, with left sd stretch fwd R*) to BJO DRW;
- 15 12 Bk R, sd & fwd L stretching left sd of body slightly upward, cont stretching looking over joined lead hands;
- 16 Bk R, XLIB with right sd stretch trng LF, slip bk small R keeping left leg extended (*W bk L, XRIB starting LF trn on ball of right foot [thighs locked and left leg extended], fwd L cont LF trn placing left foot near M's right foot*) to CP DLC;

PART C

[CP DLC] MINI TELESPIN;; CONTRA CK & SWITCH; NAT WEAVE;;

- 1-2 123& Fwd L comm LF trn, sd R trng 3/8 LF btwn steps 1 and 2, bk & sd L no weight light pressure inside edge of toe keeping left sd in twd W/trn body LF no weight to lead W to CP comm spin LF; Fwd L cont spin LF on L drawing R to L under body, cl R flexing knees, hold (*W bk R comm LF trn, L foot closes to R [heel trn] trng 1/2 LF btwn steps 1 and 2, fwd R keeping right sd in to M/fwd L trng LF twd ptr with head to right; Fwd R to CP head to left spinning LF drawing L to R under body, cl L flexing knees, hold*) to CP DRC;
- 3 Comm LF upper body trn flexing knees with strong right sd lead ck fwd L in CBMP, rec R comm strong RF trn leaving left foot almost in place, cont strong RF trn rec L soft knees throughout with RF trn (*W comm upper body trn to left flexing knees with strong left sd lead bk R with right in CBMP looking well to left, rec L comm RF trn leaving right foot almost in place, cont RF trn rec R between M's feet with soft knees throughout with RF trn*) to CP DLW;
- 4-5 Fwd R comm RF trn, sd L with left sd stretch [a little under 1/4 RF trn btwn steps 1 and 2], with right sd lead bk R twd DLC preparing to lead W outside ptr [slight RF trn btwn steps 2 and 3]; With right sd stretch bk L in CBMP, bk R comm LF trn passing through CP, with left sd stretch sd & fwd L [1/4 LF trn btwn steps 5 and 6 body turns less] (*W bk L comm RF trn, R foot closes to L [heel trn] with right sd stretch trng 1/4 RF btwn steps 1 and 2, with left sd lead fwd L preparing to step in CBMP outside ptr; With left sd stretch fwd R in CBMP outside ptr, fwd L comm LF trn passing through CP, with right sd stretch sd R [1/4 trn btwn steps 5 and 6]*) to BJO DRW;

[BJO DRW] CURVED FEATHER; BK PASSING CHG; BK & CHASSE to BJO DLW; CK FWD-Lady DEVELOPÉ;

- 6 Fwd R comm RF trn, with left sd stretch cont RF trn sd & fwd L, cont upper body trn to right with left sd stretch fwd R outside ptr in BJO DRW (*W fwd L comm RF trn, staying well in M's right arm with right sd stretch cont RF trn sd & bk R, cont upper body trn to right with right sd stretch bk L in BJO*);
- 7 Bk L, bk R, bk L;
- 8 12&3 Bk R trng LF, sd L/cl R, fwd & sd L (*W fwd L, sd R/cl L, bk & sd R*) to BJO DLW;
- 9 1 Fwd R outside ptr ckg, -, - (*W bk L, bring R foot up left leg to inside of knee, extend R foot fwd*);

[BJO DLW] BK HOVER to SCP; THRU SEMI CHASSE; THRU to DBL SD LKS;

- 10 Bk L, sd & bk R with slight rise, rec L (*W fwd R, sd & fwd L with slight rise & brush right foot to left, rec R*) to SCP LOD;
- 11 12&3 Staying in SCP thru R, fwd & sd L/cl R, fwd & sd L;
- 12 12&3& Thru R, sd & fwd L to CP/XRIB, sd & fwd L/XRIB to CP DLC;

END

[CP RLOD] IMPETUS to SCP; QK OP REV; BK to PROM SWAY; SLO CHG to OVERSWAY;

- 1 Repeat Meas 13 PART B;
- 2 Repeat Meas 14 PART B;
- 3 Repeat Meas 15 PART B;
- 4 --- Relax L knee slightly keeping R leg extended, with slight LF upper body trn and stretch left sd with head well to left (*W relax R knee and with LF upper body trn slowly change head from R to L using full measure*);-

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Head Cues

Intro, A, B, C, A*, End

INTRO

[WAPPED POS DLC] WAIT; Man STEP SD ~ Lady ROLL OUT in 3; CROS CHECK & EXTEND;
[OP DLC] REC, SD, CLOS ~ Lady REC, SWIVEL to FC;

PART A

[CP DLC] TELEMARK to SCP; NAT HOVER CROSS;; TRN LT & CHASSE to BJO; IMPETUS to SCP;
[SCP LOD] VIENESSE CROSS; HOVER CORTE; BK& CHASSE to SCAR DRW; CROSS SWIVEL, Lady DEVELOPÉ;
[BJO DLC] CURVED FEATHER; OUTSIDE SPIN; to RT TRNG LK to SCP; RIPPLE CHASSE; WEAVE to SCP;;
[SCP DLW] THRU to OP HINGE & EXTEND ARMS;; HOVER OUT to SCP; SYNCO VINE; CHAIR & SLIP;

PART B

[CP DLC] DBL REV SPIN; OP REV TRN; to QK LK, SLO LK; BK & CHASSE to SCP; IN & OUT RUNS;;
[SCP DLW] THRU to LT WHISK; REC to WHISK; OP TRN; TIPPLE CHASSE PIVOT; to SPIN TRN;
[CP RLOD] HOVER CORTE; IMPETUS to SCP; QK OP REV; BK to PROM SWAY; FALLAWAY & SLIP;

PART C

[CP LOD] MINI TELESPIIN;; CONTRA CK & SWITCH; NAT WEAVE;; CURVED FEATHER, ckg;
[CP LOD] BK PASSING CHG; BK & CHASSE to BJO; CK FWD~Lady DEVELOPÉ; BK HOVER to SCP;
[SCP LOD] THRU, SEMI CHASSE; THRU to DBL SD LKS;

PART A*

[CP DLC] TELEMARK to SCP; NAT HOVER CROSS;; TRN LT & CHASSE to BJO; IMPETUS to SCP;
[SCP LOD] VIENESSE CROSS; HOVER CORTE; BK& CHASSE to SCAR DRW; CROSS SWIVEL, Lady DEVELOPÉ;
[BJO DLC] CURVED FEATHER; OUTSIDE SPIN; to RT TRNG LK to SCP; RIPPLE CHASSE; WEAVE to SCP;;
[SCP DLW] THRU to OP HINGE & EXTEND ARMS;; HOVER OUT to SCP; SYNCO VINE; MANUV;

END

[CP RLOD] IMPETUS to SCP; QK OP REV; BK to PROM SWAY; slo CHG to OVERSWAY;