



# Feel Free (P)

Choreographer: Bill Gallagher

Level: Partner

Count: 72

Wall: 0

Music: Feel Free by The Bellamy Brothers

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**Position: Start in Couples Ballroom position in center of floor**

**Dance is a mirror dance except where stated. Steps shown are for man**

- 1-4 Right foot step across front of left making  $\frac{1}{4}$  turn to left, rock back on left foot making  $\frac{1}{4}$  turn to right, cha-cha-cha to right on right-left-right
- 5-8 (retain hold with left hand, drop & raise right hand) left foot step across front of right making  $\frac{1}{4}$  turn to right, rock back on right foot making  $\frac{1}{4}$  turn to left, cha-cha-cha to left on left-right-left
- 9-12 (drop left hand, right hand picks up lady's left hand) right foot step across front of left making  $\frac{1}{4}$  turn to left, pivot  $\frac{3}{4}$  turn to the left (arm passes over head) cha-cha-cha to right on right-left-right (rejoin hands in ballroom position)
- 13-16 **MAN:** Step forward on left foot, rock back on right foot, cha-cha-cha backwards on left-right-left  
**LADY:** Step back on right foot, rock forward on left foot, cha-cha-cha forward on right-left-right
- 17-20 **MAN:** Step back on right foot, step forward on left foot, cha-cha-cha forward on right-left-right  
**LADY:** Rock forward on left foot, rock back on right foot, cha-cha-cha backwards on left-right-left
- 21-24 (retain hold with left hand, drop & raise right hand) left foot step across front of right making  $\frac{1}{4}$  turn to right, rock back on right foot making  $\frac{1}{4}$  turn to left, cha-cha-cha to left on left-right-left
- 25-28 (change hands with partner) right foot step across front of left making  $\frac{1}{4}$  turn to left, rock back on left foot making  $\frac{1}{4}$  turn to right, cha-cha-cha to right on right-left-right
- 29-32 (change hands with partner) left foot step across front of right making  $\frac{1}{4}$  turn to right, rock back on right foot making  $\frac{1}{4}$  turn to left, cha-cha-cha to left on left-right-left
- 33-36 (change hands with partner) right foot step across front of left making  $\frac{1}{4}$  turn to left, pivot  $\frac{3}{4}$  turn to left (drop hands) cha-cha-cha to right on right-left-right
- 37-44 **MAN:** Step forward on left foot, pivot  $\frac{1}{2}$  turn to right cha-cha-cha forward left-right-left step forward on right, left cha-cha-cha forward right-left-right  
**LADY:** (following behind man) step back on right foot, rock forward on left foot cha-cha-cha forward on right-left-right step forward on left, right, cha-cha-cha forward on left-right-left
- 45-52 **MAN:** (following behind lady) step forward on left foot, pivot  $\frac{1}{2}$  turn to right cha-cha-cha forward on left-right-left step forward on right, left, cha-cha-cha forward right-left-right  
**LADY:** Step forward on right foot, pivot  $\frac{1}{2}$  turn to left cha-cha-cha forward on right-left-right step forward left, right, cha-cha-cha forward left-right-left
- 53-60 **MAN:** Step forward on left foot, rock back on right foot cha-cha-cha backwards on left-right-left step back on right, left, cha-cha-cha back on right-left-right  
**LADY:** (following facing man) step forward on right foot, pivot  $\frac{1}{2}$  turn to left, cha-cha-cha forward on right-left-right step forward on left, right, cha-cha-cha forward left-right-left
- 61-68 **MAN:** (following facing lady) step back on left foot, rock forward on right foot cha-cha-cha forward on left-right-left step forward on right, left, cha-cha-cha forward right-left-right  
**LADY:** Step forward on right foot, rock back on left foot, cha-cha-cha backwards on right-left-right step back on left, right, cha-cha-cha backwards on left-right-left
- Rejoin in Ballroom position**
- 69-72 **MAN:** Step forward on left, rock back on right, cha-cha-cha on spot left-right-left  
**LADY:** Step back on right foot, rock forward on left foot, cha-cha-cha on spot right-left-right

**REPEAT**

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