

# Feel Free



**Choreographed by** BILL GALLAGHER  
**Description** COUPLE DANCE - CLOSED WESTERN

**Music** FEEL FREE - BELLAMY BROTHERS  
( LADIES STEPS MIRROR IMAGE FROM \* TO \*\*)

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- 1 \* RIGHT STEP ACROSS FRONT OF LEFT, MAKING 1/4 TURN TO LEFT  
2 ROCK BACK ON LEFT, MAKING 1/4 TURN TO RIGHT  
3 & 4 CHA-CHA-CHA TO RIGHT (STEP RIGHT, LEFT, RIGHT)  
*(RETAIN HOLD WITH LEFT HAND, DROP & RAISE RIGHT HAND)*  
5 LEFT STEP ACROSS FRONT OF RIGHT, MAKING 1/4 TURN TO RIGHT  
6 ROCK BACK ON RIGHT, MAKING 1/4 TURN TO LEFT  
7 & 8 CHA-CHA-CHA TO THE LEFT (STEP LEFT, RIGHT, LEFT)  
*(DROP LEFT HAND, RIGHT HAND PICKS UP LADIES LEFT HAND)*
- 9 RIGHT STEP ACROSS FRONT OF LEFT, MAKING 1/4 TURN TO LEFT  
10 PIVOT 3/4 TURN TO THE LEFT (ARM PASSES OVER HEAD)  
11 & 12 CHA CHA CHA TO RIGHT (STEP RIGHT, LEFT, RIGHT)  
\*\* (REJOIN IN BALLROOM POSITION)

- |         | <b>MAN</b>                   | <b>LADY</b>                 |
|---------|------------------------------|-----------------------------|
| 13      | STEP FORWARD ON LEFT         | STEP BACK ON RIGHT          |
| 14      | ROCK BACK ON RIGHT           | ROCK FORWARD ON LEFT        |
| 15 & 16 | CHA-CHA-CHA BACKWARD (L,R,L) | CHA-CHA-CHA FORWARD (R,L,R) |
| 17      | STEP BACK ON RIGHT           | STEP FORWARD ON LEFT        |
| 18      | ROCK FORWARD ON LEFT         | ROCK BACK ON RIGHT          |
| 19 & 20 | CHA-CHA-CHA FORWARD (RL,R)   | CHA-CHA-CHA BACKWARD (L,RL) |

- 21 \* *(RETAIN HOLD WITH LEFT HAND, DROP & RAISE RIGHT HAND)*  
22 LEFT STEP ACROSS FRONT OF RIGHT, MAKING 1/4 TURN TO RIGHT  
23 & 24 ROCK BACK ON RIGHT FOOT, MAKING 1/4 TURN TO LEFT  
CHA-CHA-CHA TO LEFT (STEP LEFT, RIGHT, LEFT)  
*(CHANGE HANDS WITH PARTNER)*

- 25 RIGHT STEP ACROSS FRONT OF LEFT, MAKING 1/4 TURN TO LEFT  
26 ROCK BACK ON LEFT FOOT, MAKING 1/4 TURN TO RIGHT  
27 & 28 CHA-CHA-CHA TO THE RIGHT (STEP RIGHT, LEFT, RIGHT)  
*(CHANGE HANDS WITH PARTNER)*

- 29 LEFT STEP ACROSS FRONT OF RIGHT, MAKING 1/4 TURN TO RIGHT  
30 ROCK BACK ON RIGHT, MAKING 1/4 TURN TO LEFT  
31 & 32 CHA-CHA-CHA TO THE LEFT (STEP LEFT, RIGHT, LEFT)  
*(CHANGE HANDS WITH PARTNER)*

- 33 RIGHT STEP ACROSS FRONT OF LEFT, MAKING 1/4 TURN TO LEFT  
34 PIVOT 3/4 TURN TO THE LEFT (DROP HANDS)

Every effort has been made to make sure these dance sheets are accurate. Please let us know if there are any errors or omissions email: [jbwesterndance@aol.com](mailto:jbwesterndance@aol.com).

35 & 36 CHA-CHA-CHA TO THE RIGHT (STEP RIGHT, LEFT, RIGHT)

|         | <b>MAN</b>   |         | <b>LADY</b>                  |
|---------|--|---------|------------------------------|
| 37      | STEP FORWARD ON LEFT   | LADY    | STEP BACK ON RIGHT           |
| 38      | PIVOT 1/2 TURN TO RIGHT  | FOLLOWS | ROCK FORWARD ON LEFT         |
| 39 & 40 | CHA-CHA-CHA FORWARD (L,R,L)  | BEHIND  | CHA-CHA-CHA FORWARD (RLR)    |
| 41      | STEP FORWARD ON RIGHT  | MAN     | STEP FORWARD ON LEFT         |
| 42      | STEP FORWARD ON LEFT   |         | STEP FORWARD ON RIGHT        |
| 43 & 44 | CHA-CHA-CHA FORWARD (R,L,R)  |         | CHA-CHA-CHA FORWARD (L,R,L)  |
| 45      | STEP FORWARD ON LEFT   | MAN     | STEP FORWARD ON RIGHT        |
| 46      | PIVOT 1/2 TURN TO RIGHT  | FOLLOWS | PIVOT 1/2 TURN TO LEFT       |
| 47 & 48 | CHA-CHA CHA, FORWARD (L,RL)  | BEHIND  | CHA-CHA-CHA FORWARD (R,L,R)  |
| 49      | STEP FORWARD ON RIGHT  | LADY    | STEP FORWARD ON LEFT         |
| 50      | STEP FORWARD ON LEFT   |         | STEP FORWARD ON RIGHT        |
| 51 & 52 | CHA-CHA-CHA FORWARD (R,L,R)  |         | CHA-CHA-CHA, FORWARD (L,R,L) |
| 53      | STEP FORWARD ON LEFT   | LADY    | STEP FORWARD ON RIGHT        |
| 54      | ROCK BACK ON RIGHT   | FOLLOWS | PIVOT 1/2 TURN TO LEFT       |
| 55 & 56 | CHA--CHA-CHA BACKWARD (L,RL)   | FACING  | CHA-CHA-CHA FORWARD (R,L,R)  |
| 57      | STEP BACK ON RIGHT   | MAN     | STEP FORWARD ON LEFT         |
| 58      | STEP BACK ON LEFT  |         | STEP FORWARD ON RIGHT        |
| 59 & 60 | CHA CHA CHA BACKWARD (R,L,R)   |         | CHA-CHA-CHA FORWARD (L,RL)   |
| 61      | STEP BACK ON LEFT  | MAN     | STEP FORWARD ON RIGHT        |
| 62      | ROCK FORWARD ON RIGHT  | FOLLOWS | ROCK BACK ON LEFT            |
| 63 & 64 | CHA-CHA-CHA FORWARD (L,R,L)  | FACING  | CHA-CHA-CHA BACKWARD (R-L,R) |
| 65      | STEP FORWARD ON RIGHT  | LADY    | STEP BACK ON LEFT            |
| 66      | STEP FORWARD ON LEFT   |         | STEP BACK ON RIGHT           |
| 67 & 68 | CHA-CHA -CHA FORWARD (R,L,R)<br><b>(REJOIN INTO BALLROOM POSITION)</b> |         | CHA-CHA-CHA BACKWARD (L,R,L) |
| 69      | STEP FORWARD ON LEFT   |         | STEP BACK ON RIGHT           |
| 70      | ROCK BACK ON RIGHT   |         | ROCK FORWARD ON LEFT         |
| 71 & 72 | CHA-CHA -CHA ON THE SPOT   |         | CHA-CHA-CHA ON THE SPOT      |

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