

BREAKIN' FREE

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Count: 64

Wall: 4

Level: intermediate/advanced

Choreographer: Guyton Mundy

Music: Shackles by Mary Mary

KICK BALL TOUCH, KICK BALL TOUCH, KICK BALL CROSS, STEP, CROSS BEHIND

- 1&2** Kick left, step on left, touch right to side
- 3&4** Kick right, step on right, touch left to side
- 5&6** Kick left, step on left, cross right over left
- 7-8** Step left to left side, step right behind left

$\frac{3}{4}$ TURN, STEP, TOUCH, STEP BACK HALF TURN, STEP, SAILOR

- 1-2** Unwind $\frac{3}{4}$ turn to the right
- 3-4** Step forward on left, touch right forward
- 5-6** Step back on right, pivot $\frac{1}{2}$ turn to the right
- 7-8&1** Step forward on left, step right, left, right

$\frac{1}{4}$ SAILOR, KNEE POPS, SLIDE

- 2&3** While doing a $\frac{1}{4}$ turn to the right step left, right, left
- 4** Step right next to left
- 5&6** With bent knees pop knees out, in, out
- 7-8** Step big to the right with right, touch left beside right

CHA-CHA

- 1&2** Shuffle to the left, left, right, left
- 3&4** Rock back on right, recover on left
- 5&6** Shuffle to the right, right, left, right
- 7&8** Rock forward on left, recover on right

$\frac{1}{4}$ SHUFFLE, $\frac{1}{2}$ TURN SHUFFLE, COASTER, $\frac{1}{2}$ OF SIX STEP

1&2 turn $\frac{1}{4}$ to the left, shuffle left, right, left

3&4 Shuffle turning $\frac{1}{2}$ to the left stepping right, left, right

5&6 Step left back, together with right, forward with left

7&8 Hop forward on right (place left behind right calf), step on left, step right behind left

TOUCH, STEP, SLIDE TOUCH, WALK BACKS, TOUCH

1-2 Touch left beside right, step forward on left

3-4 Slide right up to left step on right

5-6 Step back on left, step back on right

7-8 Touch left beside right, step forward on left

SAILOR, FULL TURN, BODY ROLL

1&2 Step right, left, right

3-4 Step left behind right, unwind a full turn to the left

5-6 Touch right forward, step back on right

7-8 Body roll

FORWARD KICK BALL TOUCH (TWICE), CROSS, FULL TURN

1&2 Kick right forward, step on right, step forward on left

3&4 Kick right forward, step on right, step forward on left

5&6 Rock out on right, step on left, cross right over left

7-8 Unwind a full turn to the left

REPEAT