

# Free Spirit III

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**Download:** "Free Spirit" by Andrea Spadaroi. Music available through Casa Musica.  
**Music Link:** <http://www.casa-musica-shop.de/search.aspx?query=free%20spirit>  
**Time:** 2:48 as Downloaded; Speed @ PLUS 4% [47rpm]  
**Rhythm/Phase:** Waltz, ROUNDALAB Phase III+1 [Telemark] +1 Unph [Semi Chasse]  
**Footwork:** Opposite, directions for M (except where noted)  
**Sequence:** Intro, A, B, C, A, End

**Released:** October 2017  
**Difficulty:** Above Average

## INTRO

### [BFLY WALL] WAIT; WAIT; TWIRL VINE 3 to SCP; P/ UP;

- 1-2 Wait two measures BFLY WALL;;  
 3 Raising lead hnds sd L, XRIB, sd L (*W sd & fwd R trng 1/2 RF under joined lead hnds, sd & bk L trng 1/2 RF, sd R*) to SCP LOD;  
 4 Thru R, fwd & sd L with LF upper body trn leading W to CP, cl R (*W thru L comm LF trn, fwd & sd R in front of M comp LF trn to CP, cl L*) to CP LOD;

## PART A

### [CP LOD] INTERRUPTED BOX;;;:

- 1-4 Fwd L, sd R, cl L; Bk R with slight RF upper body rotation and raising joined lead hnds, sd L leading W to begin curving RF under joined lead hnds, cl R; Fwd L, sd R, cl L; Bk R, sd L, cl R (*W bk R, sd L, cl R; Fwd L with slight RF upper body rotation, curve fwd R, curve fwd R to end sd by sd ptr; Curve fwd R, curve fwd L, curve fwd R comp full turn to end in front of ptr; Fwd L, sd R, cl L*) to CP LOD;

### [CP LOD] 2 LT TRNS to DLW;; HOVER to BJO; MANUV;

- 5-6 Fwd L trng 1/4 LF, sd R trng 1/4 LF trn, cl L to CP RLOD; Bk R trng 1/4 LF, sd L trng 1/8 LF trn, cl R to CP DLW;  
 7 Fwd L, fwd & slightly sd R rising to ball of foot, sd & slightly fwd L (*W bk R, bk & slightly sd L rising to ball of foot, sd & bk R to BJO*) to BJO DLW;  
 8 Fwd R, cont RF trn to fc ptr sd L, cl R (*W bk L, cont RF trn to fc ptr sd R, cl L*) to CP RLOD;

### [CP RLOD] SPIN TRN; 1/2 BOX BACK to SCAR; CROSS HOVER to BJO; FWD, FC, CLOS to DLW;

- 9 Comm RF upper body trn bk L toe pivoting 1/2 RF to fc LOD, fwd R btwn W's feet heel to toe cont RF trn keeping left leg extended bk & sd, comp trn sd & bk L (*W comm RF upper body trn fwd R btwn M's feet heel to toe pivoting 1/2 RF, bk L toe cont trn brush R to L, comp trn sd & fwd R*) to CP LOD;  
 10 Bk R, sd L, cl R blending to SCAR DLW;  
 11 Fwd L with slight crossing action comm to rise and begin 1/4 LF trn, sd & slightly fwd R cont to rise comp 1/4 LF trn, fwd L to BJO lowering at end of step (*W bk R with slight crossing action comm to rise and begin 1/4 LF trn, sd & slightly bk L cont to rise and comp 1/4 LF trn, diag bk R lowering at end of step*) to BJO DLC;  
 12 Fwd R, fwd L trng to fc ptr, cl R to CP DLW;

### [CP DLW] WHISK; WING to DLC; 1 LT TRN; BK & CHASSE to BJO DLW;

- 13 Fwd L, fwd & sd R comm rise to ball of foot, XLIB cont to full rise on ball of foot ending in SCP;  
 14 Fwd R, draw L twd R, tch L to R trng upper part of body LF with left sd stretch (*W fwd L beginning to cross in front of M comm trng slightly LF, fwd R around M cont to trn slightly LF, fwd L around M comp slight LF trn*) to SCAR DLC;  
 15 Fwd L comm 1/4 LF, sd R cont 1/8 LF trn, cl L to CP RLOD;  
 16 12&3 Bk R comm LF upper body trn, sd L cont trn/cl R, sd & fwd L comp trn (*W fwd L comm LF upper body trn, sd R cont LF trn /cl L, sd & bk R comp trn*) to BJO DLW;

### [BJO DLW] MANUV; IMPETUS to SCP; THRU SEMI CHASSE; THRU, FC, CLOS to BFLY ;

- 17 Repeat Meas 8 PART A;  
 18 Bk L comm RF upper body trn, cl R to L [heel trn] cont RF trn, fwd L comp trn (*W comm RF upper body trn fwd R btwn M's feet heel to toe pivoting 1/2 RF, sd & fwd L cont RF trn around M brush R to L, comp trn fwd R*) to SCP DLC;  
 19 12&3 Staying in SCP throughout Thru R, fwd & sd L/cl R, fwd & sd L;  
 20 Thru R, fwd L trng to fc ptr, cl R to BFLY WALL;

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## PART B

### [BFLY WALL] EXPLODE APT; REC to BFLY; SOLO WALTZ TRNS to CP;;

- 1 1 Swivel on trail foot and step sd L trng LF to OP LOD while raising lead hnd up, cont raising lead hnd up and out, bring lead hnd out parallel to floor;
- 2 Rec R trng RF bring lead hnd across at waist level, cont bringing hnd across at waist level to BFLY WALL, tch L to R;
- 3-4 Fwd L comm LF trn away from ptr, cont trn sd R, cl L to comp 3/4 trn to fc RLOD; Bk R comm LF trn, cont trn sd L, cl R to CP WALL;

### [CP WALL] FWD HOVER; BOX FINISH fc LOD; TRN LT & CHASSE to BJO; BK, BK/LK, BK;

- 5 Fwd L, sd & fwd R with slight rise, rec L (*W bk R, sd & bk L with slight rise, rec R*);
- 6 Bk R comm 1/4 LF trn, cont trn sd L, cl R (*W fwd L comm 1/4 LF trn, cont trn sd R, cl L*) to CP LOD;
- 7 12&3 Fwd L comm 1/2 LF upper body trn, sd R cont 1/2 LF trn/cl L, sd R comp trn (*W bk R comm LF upper body trn, sd L cont LF trn /cl R, sd L comp trn*) to BJO DRC;
- 8 12&3 Bk L, bk R/lk LIF, bk R (*W fwd R, fwd L/lk RIB, fwd L*);

### [BJO DRC] IMPETUS to SCP; THRU HOVER to BJO; BK HOVER to SCP; PI UP;

- 9 Bk L comm RF upper body trn, cl R to L [heel trn] cont RF trn, fwd L comp trn (*W comm RF upper body trn fwd R outside M's feet heel to toe pivoting 1/2 RF, sd & fwd L cont RF trn around M brush R to L, comp trn fwd R*) to SCP DLC;
- 10 Thru R, fwd L with rise, rec R (*W thru L, fwd R with rise trning 1/2 LF brush L to R, rec L*) to BJO DLC;
- 11 Bk L, sd & bk R with slight rise, rec L (*W fwd R, fwd L with rise trng 1/2 LF brush R to L, rec R*) to SCP DLC;
- 12 Repeat Meas 4 INTRO;

### [CP LOD] LT TRNG BOX;;;

- 13-16 Fwd L comm 1/4 LF trn, comp trn sd R, cl L; Bk R comm 1/4 LF trn, comp trn sd L, cl R; Fwd L comm 1/4 LF trn, comp trn sd R, cl L; Bk R comm 1/4 LF trn, comp trn sd L, cl R;

## PART C

### [CP LOD] TELEMAR to SCP; THRU SEMI CHASSE; HOVER FALLAWAY; SLIP PIVOT to BJO;

- 1 Fwd L comm LF trn, pivot 1/2 LF sd & fwd R around W brush L to R, fwd L (*W bk R comm LF trn, cl L to R [heel trn] cont LF trn, sd & slightly fwd R*) to SCP DLW;
- 2 12&3 Repeat Meas 19 PART A to SCP DLW;
- 3 Staying in SCP throughout Fwd R, fwd L rising to ball of foot ckg, rec R;
- 4 Bk L, bk R [keeping left leg extended], fwd L (*W bk R comm LF trn pivot on ball of foot [thighs locked left leg extended], fwd L comp LF trn placing left foot near M's right foot, bk R*) to BJO DLW;

### [BJO DLW] FWD, FWD/ LK, FWD; CK FWD & HOLD; BK & CHASSE to SCAR DRW; CK FWD & HOLD;

- 5 12&3 Fwd R, fwd L/lk RIB, fwd L (*W bk L, bk R/lk LIF, bk R*);
- 6 1 Fwd R ckg (*W bk L ckg*),-,-;
- 7 12&3 Bk L comm RF upper body trn, sd R cont trn/cl L, fwd & sd R (*W fwd R comm RF upper body trn, sd L/cl R, bk & sd L*) to SCAR DRW;
- 8 1 Fwd L ckg (*W bk R ckg*),-,-;

### [SCAR DRW] BK & CHASSE to BJO DLW; FWD, FC, CLOS; TWIRL VINE 3 to SCP; PI UP;

- 9 12&3 Bk R comm LF upper body trn, sd L cont trn/cl R, sd & fwd L comp trn (*W fwd L comm LF upper body trn, sd R cont LF trn /cl L, sd & bk R comp trn*) to BJO DLW;
- 10 Fwd R, fwd L trng to fc ptr, cl R (*W bk L, bk R trng to fc ptr, cl L*) to CP WALL;
- 11-12 Repeat Meas 3-4 INTRO;;

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## END

[BFLY WALL] SOLO WALTZ TRNS to BFLY;; TWIRL VINE 3 to SCP; STEP THRU to FC, SD CORTE;

- 1-2 Repeat Meas 3-4 PART B blending to BFLY WALL;;  
3 Repeat Meas 3 INTRO;  
4 12 Thru R trng to fc ptr CP WALL, sd L flexing supporting knee and trng to RSCP leaving right leg extended with toe pointing to floor, -;

## Head Cues

Intro, A, B, C, A, End

### INTRO

[BFLY WALL] WAIT;; TWIRL VINE 3 to SCP; P/ UP;

### PART A

[CP LOD] INTERRUPTED BOX;;; 2 LT TRNS to DLW;; HOVER to BJO; MANUV; SPIN TRN; 1/2 BOX BK to SCAR;  
[SCAR DLW] CROSS HOVER to BJO; FWD, FC, CL to DLW; WHISK; WING to DLC; 1 LT TRN;  
[CP RLOD] BK & CHASSE to BJO DLW; MANUV; IMPETUS to SCP; THRU SEMI CHASSE; THRU, FC, CL to BFLY;

### PART B

[BFLY WALL] EXPLODE APT; REC to BFLY; SOLO WALTZ TRNS to CP;; FWD HOVER; BOX FINISH fc LOD;  
[CP LOD] TRN LT & CHASSE to BJO; BK, BK/ LK, BK; IMPETUS to SCP; THRU HOVER to BJO; BK HOVER to SCP;  
[SCP DLC] P/ UP; LT TRNG BOX;;;

### PART C

[CP LOD] TELEMARK to SCP; THRU SEMI CHASSE; HOVER FALLAWAY; SLIP PIVOT to BJO;  
[BJO DLW] FWD, FWD/ LK, FWD; CK FWD & HOLD; BK & CHASSE to SCAR DRW; CK FWD & HOLD;  
[SCAR DRW] BK & CHASSE to BJO; FWD, FC, CL; TWIRL VINE 3 to SCP; P/ UP;

### PART A

[CP LOD] INTERRUPTED BOX;;; 2 LT TRNS to DLW;; HOVER to BJO; MANUV; SPIN TRN; 1/2 BOX BK to SCAR;  
[SCAR DLW] CROSS HOVER to BJO; FWD, FC, CL to DLW; WHISK; WING to DLC; 1 LT TRN;  
[CP RLOD] BK & CHASSE to BJO DLW; MANUV; IMPETUS to SCP; THRU SEMI CHASSE; THRU, FC, CL to BFLY;

### END

[BFLY WALL] SOLO WALTZ TRNS to BFLY;; TWIRL VINE 3 to SCP; STEP THRU to FC, SD CORTE;