

Must Get Free

Choreographer: Dan McInerney, UK (September '09) | mcidahechi@hotmail.com | www.danmcinerney.com

Description: 32 count, 4 wall, rumba rhythm, high intermediate (1 restart, 1 easy tag)

Music: "Silk" by Rachel Stevens, from album "Funky Dory"

Starts: After 16 counts/9 seconds as she starts to sing "Dangerous is you to me..."

Video: http://www.youtube.com/watch?v=_jhvwEVLlMo

WALK, WALK WALK, TURN, STEP TURN

- 1-2 Towards R diagonal, step L forward and slightly across R **(01:30)**
- 3, 4 Step R forward and slightly across L, step L forward and slightly across R
- 5-6 Step R forward and make a 1/2 turn L (weight ends on R) **(07:30)**
- 7, 8 Step weight forward onto L, Make 1/2 turn L stepping R back **(01:30)**

TURN, SWEEP SWEEP, ROCK RECOVER, TURN SWEEP

- 1-2 Make 1/2 L stepping L forward, sweep R around and in front of L and step onto it **(07:30)**
- 3, 4 Sweep L around and in front of R and step onto it, sweep R around and in front of L
- 5, 6 Rock forward onto R, recover weight back onto L
- 7, 8 Make 1/2 turn R stepping R forward, continue into another 1/2 turn R sweeping L around **(07:30)**
(OPTION: on the last two counts, instead of the two turns, sweep R behind into a sailor step 7&8)

WALK, WALK WALK, SPIRAL, SIDE BEHIND

- 1-2 Continuing the sweep, make 1/8 turn R finishing with the weight on L (slightly across R) **(09:00)**
- 3, 4 Making 1/4 R step R forward, making 1/4 R step L to L side **(03:00)**
- 5-6 Cross R over left as you make a full spiral turn R **(03:00)**
- 7, 8 Step L to L side, step R behind L
(NOTE: counts 1-2, 3 and 4 are a simple walk around)
(OPTION: on count 5, simply cross R across L and hold for count 6)

SWAY, SWAY SWAY, TURN, TURN SIDE

- 1-2 Stepping L to L side sway hips L over 2 counts
- 3, 4 Sway hips R, sway hips L
- 5-6 Make a 1/4 turn R as you step R forward, hold for count 6 **(06:00)**
- 7, 8 Make 1/2 turn R as you step L back, make 1/4 turn stepping R to R side **(03:00)**

REPEAT

RESTART:

16 counts into 4th wall (started facing 09:00), start the dance again facing 03:00

TAG:

16 counts into 8th wall (started facing 12:00), dance the tag and then start the dance again from the beginning

(TAG) SPIRAL TURN, STEP, SWEEP

- 1, 2 Step L forward as you make a full spiral turn R (facing R diagonal)
- 3, 4 Step R forward, sweep L around as you begin the dance again from the start