



Must Get Free

32 count, 4 wall, Intermediate

Choreographer Dan McInerney UK (September '09)

Music: Silk by Rachel Stevens

CD: Funky Dory

Start 16 counts/9 seconds as she starts to sing "Dangerous is you to me"

1 - 8	WALK L, HOLD, WALK R L, ½ TURN L WITH HOLD, STEP ½ TURN L	
1 - 2	(Towards R diagonal) step L forward and slightly across R, Hold	01.30
3 - 4	Step R forward and slightly across L, step L forward and slightly across R	01.30
5 - 6	Step R forward and make a 1/2 turn L (weight ends on R), Hold	07.30
7 - 8	Step weight forward onto L, Make 1/2 turn L stepping R back	01.30
9 - 16	½ TURN L, SWEEP, WALKS WITH SWEEPS, ROCK RECOVER, FULL TURN SWEEP	
1 - 2	Make 1/2 L stepping L forward, sweep R around and in front of L	07.30
3 - 4	Step forward on R sweeping L around, step forward on L sweeping R around and in front of L	07.30
5 - 6	Rock forward onto R, recover weight back onto L	07.30
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)	
17 - 24	SWEEP & CROSS, HOLD, ¼ R ¼ R, CROSS, SWEEP FULL TURN, SIDE BEHIND	
1 - 2	Continuing the sweep make 1/8 turn R finishing with the weight on L (slightly across R), Hold	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 start to make a full turn R, complete full turn	03.00
7 - 8	Step L to L side, step R behind L	03.00
	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)	
25 - 32	SWAY WITH HOLD, SWAY SWAY, ¼ TURN R, HOLD, ½ TURN R, ¼ TURN SIDE R	
1 - 2	Stepping L to L side sway hips L over 2 counts	03.00
3 - 4	Sway hips R, sway hips L	03.00
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
1.Restart Wall 4.	16 counts into 4th wall (started facing 09:00), start the dance again facing 03:00	
2.Restart Wall 8.	16 counts into 8th wall (started facing 12:00), dance the tag and then start the dance again from the beginning facing 06.00	
TAG	SPIRAL TURN, STEP, SWEEP	
1 - 2	Step L forward starting to make a full spiral turn R on L foot (facing R diagonal), complete full spiral turn	
3 - 4	Step R forward, sweep L around as you begin the dance again from the start	