

BORN FREE

by Gordon & Betty Moss
257 So. Westlake Ave
Los Angeles, Calif., 90057

RECORD: (Orig. on Kapp) Now MCA 60084
("Born Free") by Roger Williams

INTRO: 1 Note: Dance starts on Cts 2,3,4:

PART ONE — HAND MOVES & PNT; W SOLO FWD TRN; M SOLO FD TO BJO; BK,2,3, CL SCP;
THRU, SD, XB, -; LUNGE, REC, DRAW, -; FD,2,3, CL; OP DIP, -, REC, -;

- 1 . . . Stand CP WALL. NOTE: Joined hands M's L thumb in W's R palm, fingers on back of her hand. Music starts abruptly with words "BORN, -, FREE, -;" On Ct 2 with Quik circular movement bring joined hands in between shoulders then down to hips and outward a few inches elbows straight & palms twd LOD as point M's L (W's R) toes twd LOD finish exactly on Ct 3 ("Free"), hold Ct 4;
- 2 . . . Release hands (W alone go LOD trn RF on R, L, R, - end feet apart with L toe point RLOD hips face COH look at M over her L Shldr L arm horizontal twd M palm up R arm twd LOD curved slightly upward, Hold Ct 4;
Man stand in place but on 3 Cts move ^{hips} down and across each other (L arm closest body) then crossed arms upward in 3/4 circle ending on Ct 3 (word "Free") with L arm straight twd W as R arm twd RLOD curved out & upward, Hold Ct 4;
All arms, hips and shoulders parallel with LOD.
- 3 . . . W holds as M Fd L, R, L to BNJO, Ct 4 Qk Pnt M's R toe Fd (W's L toe Bk) twd LOD;
- 4 . . . BJO LOD go RLOD Bk R, L, R, Cl L (W L Fd, R Fd Trn, L Sd, R Cl to SCP);
- 6 . . . SCP LOD R Thru, L Sd, R XB, -hold; L Sd Lunge LOD, Qk R Recov, L slow draw, -;
- 8 . . . SCP LOD go Fd LOD L, R, L, Cl R; Release joined hands & spread M's L (W's R) arms wide in Half Open Pos as both Dip Bk on outside feet, -, Rec Fd face Prtr, -;

PART TWO (1/2 Twisty) L SD, -, XB, -; (W XIF) FD, 2, THRU/2, 3; R SB, CL, BK, 4; L SD, CL, FD, -;
(1/2 Twisty) R SD, -, XB, -; (W XIF) FD, 2, THRU/2, 3; L SD, CL, FD, -; R SD, CL, BK, -;

- 9-10 . . . CP WALL L Sd, -, R XB strt 1/2 LF Trn, -; Fd L, R to REV. SCP, Qk LRL Thru/2, 3;
(Woman R Sd, -, L XF strt 1/2 LF Trn, -; Bk R, Sd L REV SCP, Qk RLR Thru/2, 3;)
- 11-12 . . . CP COH R Sd, L Cl, R Bk, -; L Sd, R Cl, L Fd, -;
- 13-14 . . . CP COH R Sd, -, L XB strt 1/2 RF Trn, -; Fd R, L to SCP, Qk RLR Thru/2, 3;
(Woman L Sd, -, R XF strt 1/2 RF Trn, -; Bk L, Sd R SCP, Qk LRL Thru/2, 3;)
- 15-16 . . . CP WALL L Sd, R Cl, L Fd, -; R Sd, L Cl, R Bk, -;

PART THREE FD, -, RUN, 2 (W XIF); FD, -, RUN, 2 (W XIF); HITWH TWL, 2, APT, -; CHG PLAC, 2, 3, -;
(6/8) BK, -, CL, BK, -, CL; BK, -, CL, BK, -, CL; DoSaDo FD, 2, XF, -; BK, SD, CL, - to CP;

- 17-18 . . . SCP LOD Fd L, -, Run R, L (W Qk L, R roll L-SCP); Fd R, -, Run L, R (W Qk R, L roll SCP);
- 19-20 . . . SCP LOD (W R Fd Twl, L Bk, R Bk Chek, Hold L toe Pnt twd M) M follow L Fd, R Cl as reach up with R hand take W's L, L Bk, hold with joined arms fully extended; POS STYLE Both M's & W's hips face COH, look at Prtr over joined hands, free arms behind heads curved upward above shoulder height. All arms parallel to LOD.
- 20 . . . Release hands chg places pass R shldr (W LF Twl L Fd, R Bk, L Bk Chek feet apt, -) M R Fd trn, L Sd, R XF as R hand take W's R hand, L toe Pnt LOD about 12" apart; POS STYLE M's hips face Wall, W's hips face COH, look at W over joined hands, free arms outward behind heads curved upward above shoulder height parallel LOD.

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PART
THREE...Cont

- 21-22... (Written in 6/8 time to emphasize "Waltz Canter" feel of this part of music)
Joined RR hands go LOD M "pulling" W against resistance L BK,-,CL,BK,-,Cl;
Bk,-,Cl,Bk,-,Cl; (W R Fd,-,Cl, etc) STYLING; a small but definite "swivel"
on each prog step. Man can "lead" this by moving joined hands about 12" twd
Wall on each Bk stp, resulting in a small circular hand move on each Canter.
- 23-24... DoSaDo release hands pass R Shldr Fd L,R, L XF slo,-(W go LOD Fd R,L, R Sd,-
twd Wall) (This Ct 3 step Prtrs pass Swd bk-to-Bk); Man R Bk,L Sd, R Cl,-
(W L Bk, R Cl, L Fd,- to snug CP);

PART
FOUR

- PIV,2,TWL,FOLLOW; FD,CL,BK,CL (Trans); (Tandem CP)CORTE,-,-,REC; FD,SD,DRAW,-;
(COH) SD,XF,SD CORTE,-(L-Sktr); (WALL) FD,2,CL,- (Trans W 4 stps to CP Wall);
- 25 . . CP RLOD Piv Half L Bk, R R SCP,Walk L,R (W Twl ahead LOD R Fd, L B);
- 26 . . OP face W & LOD L Fd,R Cl,L Bk release hands, R Cl (W R Bk,L Cl, Fd Qk RF Trc
on R/L,R to end face LOD her shoulders snug against M's chest);
- 27-28.. (TANDEM CP both L hands joined M's R arm across W's stomach covered by W's R
hand & forearm) Both Corte Bk RLOD (W sit-in-M's-lap with torso erect & full
body contact),hold 2 Cts -,-, Ct 4 R Fd Rec; Fd L, Sd R, L Slo Draw,-;
- 29 . . (QOS) Go COH L Sd, R XF, L Sd Corte in L-Sktr Pos both L hands on W L hip W's
shoulders cradled in M's L arm both R hands joined twd Wall,-;
- 30 . . Go Wall Fd R,L, CL R,-(W Fd R,L,R Piv fce M,L Cl to CP as ~~Ct~~ 4 Chg Hands);

REPEAT TOP OF DANCE On 1st Meas start Ct 2 as above; Do All 4 Parts the same.

TAG

DIP COH,-,REC MANUV,-; LOD PIV,-,2,-; TWISTY VINE 4; PIV,-,2,-; TWISTY 4;
WALK TWRL,-,2 SCP,-; FD, PkUp, W ROLL, 2 L-OP; PNT inside Toes Twd LOD,-,-,-;