

ESTA LIBERTAD

Music: Nadia
Cd: Mexicanisima Lo Mejor
[Amazon.com: Mexicanisima : Lo Mejor 2CDs : Movies & TV](https://www.amazon.com/Mexicanisima-Lo-Mejor-2CDs-Movies-TV/dp/B000APR004)
Disc # 1 Track # 2 Time 3:33 Available from choreographer
Rhythm: Rumba Phase: V+1(Adv Sliding Door) + 1U(Cont Chase w/ Undrm Pass to Tandem)
Footwork: Opposite except where (Noted)
Release Date: Aug 25
Choreo: Jos Dierickx Beverlosestwg 14/2 3583 Paal Belgium
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Sequence: INTRO AB INTER AB(1-8) INTER(1-4) B END



INTRO

01-04 LOP WALL NO HANDHOLD LEAD FOOT FREE WAIT 2 MEASURES ; ; FULL TURN CHASE M & W ; ;

{Wait} LOP Wall no hndhld ld ft free wt 2 meas ; ; {Full Trns Chase M & W} [No Hndhld] Fwd L trn ½ RF fc COH, fwd R trn ½ RF fc WALL, bk L (W bk R, rec L, fwd R) to fc, -; Bk R, rec L, fwd R (W fwd L trn ½ RF fc WALL, fwd R trn ½ RF to fc COH, bk L) to BFLY WALL, -;

05-08 OP BREAK to FULL NATURAL TOP ; ; ;

{OP Break to Full Nat Top} Rk apt L xtndg rt arm up w/ palm out, rec R lowerg rt arm trng ¼ RF, sd L (W rk apt R xtndg lft arm up w/ palm out, rec L lowerg lft arm, trng ¼ RF fwd R) to RLOD, -; XRib, sd L, XRib (W sd L, XRif, sd L), -; Sd L, XRib, sd L (W XRif, sd L, XRif), -; XRib, sd L, cl R (W sd L, XRif, cl L) to Cuddle Pos WALL, -;

09-10 CUDDLE TWICE ; ;

{Cuddle x 2} Sd L, rec R, cl L (W swiv RF on L rk bk R in M's rt arm to fc DLW, rec L to fc ptr, sd R to mom cuddle pos), -; Sd R, rec L, cl R (W swiv LF on R rk bk L in M's lft arm to fc DRW, rec R to fc ptr, sd L to mom cuddle pos), -;

PART A

01-05 CLOSED HIP TWIST to FAN ; ; START STOP & GO HOCKEY STICK INTERRUPT w/ 2 CROSS SWIVELS ; ; W OUT to FAN ;

{Closed Hip Twist to Fan} Rk sd & slightly fwd L, rec R, cl L (W [QQQQ] trng RF ½ bk R, rec L trng LF ½, sd R small step, swivlg ¼ RF tch L), -; Bk R, rec L, cl R (W fwd L, sd & fwd R trng ½ LF, bk L leavg R xtnd fwd), -; {Start Stop & go Hockeystick} Chk fwd L, rec R raisg lft arm to lead W to a Lf underarm trn, sd L fcg wall bringing ld arm down sharply and placg rt hand on W's bk making an "L" pos (W cl R, fwd L, fwd R trng ½ LF sharply under jnd hnds to end at M's rt sd fcg line), -; {2 Cross Swivels} Rock R, -, rock L (W [Q&Q&] step fwd L, swivlg LF to rev, step fwd R, swivlg RF to WALL), -; [note this is opposite to the direction M is rockg] {W Out to FAN} XRib, rec L, cl R (W fwd L to line, fwd R trng ½ to fc rev, bk L to fan pos), -;

06-09 EXIT FAN to TANDEM WALL ; OPPOSITE CUCARACHA'S/W PEEKS ; ; W ROLL OUT to WALL ;

{Exit Fan to Tandem Wall} Fwd L, rec R, cl L raisg ld hnds (W cl R, fwd L trng ¼ LF to Wall, small fwd R) to Tandem WALL [ld hnds still over W's head], -; {Opp Cucaracha's/W Peeks} [ld hnds still above W's head] Sd R w/ partial wgt, rec L, cl R (W sd L lookg ovr rt shldr, rec R, cl L), -; [ld hnds still above W's head] Sd L w/ partial wgt, rec R, cl L (W sd R lookg ovr lft shldr, rec L, cl R), -; {W Roll Out to WALL} Bk R, rec L, fwd R (W fwd L, fwd R trng ½ LF, cl L) to BFLY WALL, -;

10-13 ALEMANA OVERTURNED to SHADOW WALL ; ; ADVANCED SLIDING DOOR ; ;

{Alemana Overtrnd to Shadow Wall} Fwd L, rec R, cl L raisg ld hnds (W [QQQQ] bk R, fwd L, fwd R comm RF, swiv to M's lft sd), -; Bk R, rec L, small fwd R join lft hnds M's rt hnd on W's rt shldr blade (W fwd L trng RF under jnd ld hnds, cont trn to fc M fwd R, cont trn fwd L to fc WALL join lft hnds W's rt hnd extended to sd) to Shadow Wall, -; {Advanced Sliding Door} Fwd L on ball of ft pressure into floor & body trn to right, rec R, XLib slightly LF trn (W bk R keep pressure into floor w/ ball of ft as body trn right, rec L slight body trn left, XRif), -; Slide R ft to sd into a pt w/ body trn to lft no wgt chg, rec upright no wgt chg, cl R trn RF to fc WALL (W sd L w/ body stretch to lft in lunge line, rec R, XLib) to Shadow WALL, -;

14-17 ADVANCED SLIDING DOOR/W SPIRAL to FAN ; ; HOCKEY STICK ; ;

{Advanced Sliding Door/W Spiral to Fan} Fwd L on ball of ft pressure into floor & body trn to right, rec R, XLib slightly LF trn (W [QQQQ] bk R keep pressure into floor w/ ball of ft as body trn rt, rec L slight body trn lft, XRif, spiral LF), -; Bk R, rec L, sd R (W fwd L to Lod, fwd R swiv ½ LF, bk L) to Fan Pos, -; {Hockey Stick} Fwd L, rec R, cl L (W cl R, fwd L, fwd R), -; Sm bk R raisg ld hnds, rec L, long fwd R (W fwd L, fwd R trng sharply 5/8 LF undr jnd ld hnds, bk L) to CP DRW, -;

PART B

01-08 CONTINUOUS CHASE w/ UNDERARM PASS to TANDEM COH ; ; PEEK TWICE ; ;

{Continuous Chase w/ Underarm Pass to Tandem COH & Peeks} Fwd L trng ½ RF [ld hnds jnd behind M], rec R, fwd L (*W bk R, rec L, fwd R twds M's lft sd*), -; Bk R [raisg jnd ld hnds], rec L, sd R (*W fwd L, fwd R trng ½ LF under jnd ld hnds, fwd & sd L contg to trn ½ LF*) to TAND COH [w/ ld hnds still jnd above the head W], -; **{Peek x 2}** Sd L, rec R, cl L (*W sd R lookg ovr lft shldr, rec L, cl R*), -; Sd R, rec L, cl R (*W sd L lookg ovr rt shldr, rec R, cl L*) to TAND COH, -;

05-08 CONTINUE to TANDEM WALL ; ; PEEK TWICE/W SWIVEL to FACE ;

{Cont to Tandem WALL} Fwd L trng ½ RF keepg ld hnds jnd low behind M, rec R, fwd L (*W bk R, rec L, fwd R twds M's lft sd*), -; Bk R raisg jnd ld hnds, rec L, sd R (*W fwd L, fwd R trng ½ LF under jnd ld hnds, fwd & sd L contg to trn ½ LF*) to TAND WALL [w/ ld hnds still above the head W], -; **{Peek x 2/W Swiv to Fc}** Sd L, rec R, cl L (*W sd R lookg ovr lft shldr, rec L, cl R*), -; Sd R, rec L, cl R (*W sd L lookg ovr rt shldr, rec R swiv ½ RF, cl L*) to BFLY WALL, -;

09-12 OP HIP TWIST INTO FACING FAN LOD ; ; NEW YORKER/ W WRAP FACING LOD ; OPPOSITE CUCARACHA ;

{OP Hip Twist to Fcg Fan LOD} Chk fwd L, rec R, cl L (*W bk R, fwd L, fwd L, pushg off M's ld hnd swvl ¼ RF*), -; Bk R, rec L trng ¼ LF to LOD, fwd R (*W fwd L, trng LF sd R, cont LF trn bk L to RLOD*), -; **{New Yorker/W Wrap Fcg LOD}** Swiv RF on R rk fwd L to LOP Wall, rec R jng trlg hnds low, raisg ld hnds high to lead W to trn LF small sd L and lower ld hnds (*W swiv LF on L fwd R to LOP Wall, bk R comm RF trn under jnd ld hnds, small fwd R cont trng ½ RF under jnd ld hnds*) to Wrap Pos Fcg LOD, -; **{Opp Cucaracha}** Rk sd R twd WALL (*W rk sd L twd COH*), rec L, cl R, -;

13-16 OPPOSITE CUCARACHA /W ROLL Out to LOP LOD ; KIKI WALK 3 ; OPPOSITE X-CHECK & CHANGE SIDES ; SPOT TURN ;

{Opp Cucaracha/W Roll to Out LOP LOD} Rk sd L COH, rec R, cl L (*W rk sd R WALL rec L comm LF roll twd COH, fwd R cont LF roll leavg ld hnds jnd*) to end in LOP both fcg LOD, -; **{Kiki Walk 3}** [Placg each ft ifo the other w/ a swiv] Fwd R, L, R, -; **{Opp X-Check & Chng Sds}** XLif (*W XRif*), rec R, sd L to OP LOD, -; **{Spot Trn}** [Relg both hnds] XRif (*W XLif*) trng LF, rec L compg full trn, sd R to BFLY WALL, -;

INTER

01-05 OP BREAK to FULL NATURAL TOP ; ; ; RIFF TURN ;

{OP Break to Full Nat Top} Rk apt L xtndg rt arm up w/ palm out, rec R lowerg rt arm trng ¼ RF, sd L (*W rk apt R xtndg lft arm up w/ palm out, rec L lowerg lft arm, trng ¼ RF fwd R*) to RLOD, -; XRib, sd L, XRib (*W sd L, XRif, sd L*), -; Sd L, XRib, sd L (*W XRif, sd L, XRif*), -; XRib, sd L, cl R (*W sd L, XRif, cl L*) to CP WALL, -; **{Riff Trn}** [QQQQ] Sd L raisg ld hnds, cl R, sd L, cl R (*W sd & fwd R com RF spin undr jnd ld hnds, cl L compg full RF spin, sd & fwd R comm RF spin, cl L compg 2 nd full spin undr jnd ld hnds*) to BFLY WALL ;

ENDING

01-02 ROMANTIC SWAY'S INTO RIGHT LUNGE & SIT ; ;

{Romantic Sway's} Sd L hip roll LF, rec R hip roll RF, [Rel ld hnds] fwd & sd L and swiv LF (*W RF*) to bk to bk sweep ld hnds up & around to end streched out to sd at shldr level, -; Sd R hip roll RF, rec L hip roll LF, sd R & swiv RF (*W LF*) to fc ptr flex R knee slide L sd & bk raise R hnd up & bk (*W flex L knee R extended fwd raise L hnd straight up*) ;