



## We Are The Free

Matt Redman

Format: Kickboxing  
Length: 4:02  
Instructor: Torie Bartee

Intro: 32 count in

Segment 1:  
Step Knee Pull  
X8

Segment 2:  
Reach up, side punch  
Reach up, other side punch  
X4  
Alt front kicks  
X8  
Repeat

Chorus:  
Grape Vine, 2 knee pulls  
Grape Vine other way, 2 knee pulls  
Repeat  
Lateral squat side to side x6

Repeat Segment 1

Repeat Segment 2

Repeat Chorus

Repeat Segment 1

Segment 3  
4 squats  
Speed bag down and up x2  
4 squats  
Speed bag down and up x3 hold on the last one

Repeat Chorus  
X2

Repeat Segment 1



