I have iClone 8 & CC4, can I freely upgrade my iClone 7 & CC3 plugins to be compatible with iClone 8 & CC4?

Check this: -

https://kb.reallusion.com/Purchase/53037/I-have-iClone-8-CC4-can-I-freely-upgra

Reallusion FAQ
https://kb.reallusion.com/Product/53047/I-have-iClone-8-CC4-can-I-freely-upgrade-my-iClone-7-CC3-plug