

# Free And Clear

Count: 64

Wand: 1

Ebene: Intermediate

Choreograf/in: June Crystal Lewis (USA)

Musik: Ancient History - Pam Tillis



## 8-COUNT GRAPEVINE

- 1-2 Step right foot to right side; cross-step left behind right  
3-4 Pivoting ½ turn right, step on right; step left to left side  
5-6 Cross-step right behind left; pivoting ½ turn left, step on left  
7-8 Step right to right side; touch left beside right.

## HIP PUSHES

- 9-10 Step left to left side and push hips to left twice  
11-12 Push hips to right twice  
13-14 Push hips to left, then to right  
15-16 Push hips to left, then to right.

## DOUBLE PUMP, ROCK STEP; PIVOT TURN, SHUFFLE

- 17-18 Pump (kick) left foot forward and down twice  
19-20 Rock-step left foot back; rock forward onto right  
21-22 Step left foot forward; pivot ½ turn right  
23&24 Step left to left side; step right together; step left to left side.

## DOUBLE PUMP, ROCK STEP, PIVOT TURN, SHUFFLE

- 25-26 Pump (kick) right foot forward and down twice  
27-28 Rock-step right foot back; rock forward onto left  
29-30 Step right foot forward; pivot ½ turn left  
31&32 Step right foot to right side; step left together; step right to right side.

## 8-COUNT GRAPEVINE

- 33-34 Step left foot to left side; cross-step right behind left  
35-36 Pivoting ½ turn left, step on left; step right to right side  
37-38 Cross-step left behind right; pivoting ½ turn right, step on right  
39-40 Step left to left side; touch right beside left

## HIP PUSHES

- 41-42 Step right foot right and push hips to right side twice  
43-44 Push hips to left side twice  
45-46 Push hips to right, then to left  
47-48 Push hips to right, then to left.

## DOUBLE PUMP, ROCK STEP, PIVOT TURN, SHUFFLE

- 49-50 Pump (kick) right foot forward and down twice  
51-52 Rock-step right foot back; rock forward onto left  
53-54 Step right foot forward; pivot ½ turn left  
55-56 Step right foot to right side; step left together; step right to right side.

## DOUBLE PUMP, ROCK STEP, PIVOT TURN, SHUFFLE

- 57-58 Pump (kick) left foot forward and down twice  
59-60 Rock-step left foot back; rock forward onto right  
61-62 Step left foot forward; pivot ½ turn right

63-64

Step left foot to left side; step right together; step left foot to left side.

**REPEAT**

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