

Free Spirit

Count: 32

Wand: 2

Ebene: Intermediate

Choreograf/in: Ms. Sam Warriner (CAN)

Musik: Heads Carolina, Tails California - Jo Dee Messina



OUT-OUT, CLAP, IN-IN CLAP (JAZZ JUMPS)

- &1-2 Jump small step right on right foot; jump small step left on left foot; clap
&3-4 Jump small step home on right foot; jump small step home on left foot; clap
5-6 Step right foot to right side; cross-step left foot behind right
7-8 Step right foot to right side; stomp left beside right

VINE LEFT, STOMP

- 9-10 Step left foot to left side; cross-step right behind left
11-12 Step left foot to left side; stomp right beside left
13-14 Rock forward on right foot & clap; step left in place
15-16 Rock back on right and clap; step left in place

½ TURN, TWO SHUFFLE FORWARD, KICK-BALL-CHANGE

- 17-18 Step right forward; pivot ½ turn to the left
19&20 Shuffle forward stepping right, left, right
21&22 Shuffle forward stepping left, right, left
23&24 Kick right foot forward; step down on ball of right foot; step left foot beside right

CROSS-UNWIND, KICK-BALL-CHANGE, CROSS-UNWIND, STOMP TWICE

- 25-26 Cross-step right over left; unwind ½ turn left
27&28 Kick right foot forward; step down on ball of right foot; step left foot beside right foot
29-30 Cross-step right over left; unwind ½ turn left
31-32 Stomp right foot beside left; stomp left foot beside right

REPEAT
