

Free And Clear

Count: 64

Wall: 1

Level: Intermediate

Choreographer: June Crystal Lewis (USA)

Music: 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
