

Free and Easy

拍数: 64 墙数: 2 级数: Phrased Intermediate
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音乐: Free and Easy (Down the Road I Go) - Dierks Bentley



Part A (32 count) part B (32 count) tag (8 count),tag 2(16 count) 2 wall

Sequence: A, tag 1, tag 2, A, B, A, A, tag 1, B, A A A (8 count), Tag 1, tag 1, A, final.

Part A (32 count)

#1 sequence :(12:00) ROCK RIGHT FORWARD, TURN ½ (6:00) SHUFFLE RIGHT, STEP TURN LEFT, STEP TURN RIGHT, STEP FORWARD LEFT, RIGHT.

- 1-2 (12:00): rock right forward, recover left
- 3-4 turn ½(6:00) step right forward,, step left behind right, step right forward.
- 5-6 (6:00):step turn left and step right forward
- 7-8 (6:00) step left forward, step right forward.

#2 sequence (6:00) ROCK LEFT FORWARD, SAILOR STEP TURN ½ (12:00)STEP TOUCH RIGHT DIAGONAL RIGHT, STEP TOUCH LEFT DIAGONAL LEFT.

- 1-2 (6:00):rock left forward end recover right.
- 3-4 (6:00):step left cross behind right recover right end turn ½,step left forward (12:00).
- 5-6 (12:00) step right diagonal right, touch step left near right.
- 7-8 step left diagonal left, stomp right near left.

#3 sequence :HEEL RIGHT, HEEL LEFT, ROCK CROSS BEHIND, SHUFFLE RIGHT, STEP TURN ½.

- 1-2 (12:00) heel right recover hee left.
- 3-4 (12:00): rock right cross behind left e recover.
- 5-6 (12 :00)step right open right, step left near right, step right open right.
- 7-8 (12:00) step left turn ½ (9:00).

#4:sequence : (9:00) ROCK LEFT SIDE LEFT, SHUFFLE CROSS LEFT, POINT RIGHT, POINT LEFT TURN 1/2(6:00) STEP RIGHT, STOMP LEFT.

- 1-2 (9:00) :rock left side left recover right.
- 3-4 (9:00): step left cross right recover right and step left cross right.
- 5-6 (9:00):point right touch, (behind left) point left touch (forward right) and turn ¼(3:00).
- 7-8 (3:00) :recover left and turn ¼ (6:00) step right forward, stomp left near right.

TAG 1 (8 count)

Sequence :TURN ¼ SIDE RIGHT (9:00) ROCK LEFT SIDE LEFT, SHUFFLE CROSS LEFT, POINT RIGHT, POINT LEFT TURN ½,(6:00) STEP RIGHT STOMP LEFT.

- 1-2 (6:00) : turn ¼ side right (9:00) rock left side left, recover right.
- 3-4 (9:00): Step left cross right recover right and step left cross right.
- 5-6 (9:00) :point right touch (behind left) point left touch (forward right) and turn ¼ (3:00).
- 7-8 (3:00) :recover left and turn ¼ (6:00), step right forward, stomp left near right.

TAG 2 (16 count)

#1: sequence :SCUFF STEP RIGHT DIAGONAL RIGHT, SCUFF STEP LEFT DIAGONAL LEFT, SCUFF STEP RIGHT FORWARD, (6:00) HEEL RIGHT LEFT TOGETHER UP AND TURN ½(12:00)

- 1-2 (6:00) :scuff right step right diagonal side right.
- 3-4 (6:00) :scuff left step left diagonal side left.
- 5-6 (6:00) scuff right step right forward.
- 7-8 (6:00) heel right, left together up and turn in 2 times side left (12:00).

#2 sequence : SCUFF STEP Diagonal RIGHT, SCUFF STEP LEFT DIAGONAL LEFT, SCUFF STEP RIGHT FORWARD, (12:00) HEEL RIGHT, LEFT TOGETHER UP AND TURN ½(6:00).

- 1-2 (12:00):scuff right step right diagonal side right.
- 3-4 (12:00) scuff left step left diagonal side left.
- 5-6 (12:00) scuff right step right forward.
- 7-8 (12 :00) heel right , left together up and turn 2 times side left (6 :00).

Repeat part A.

Part B (32 count).

#1 sequence : (12:00) STEP RIGHT SIDE RIGHT, TURN 1/2 (6:00) STEP RIGHT FORWARD, POINT LEFT, HEEL RIGHT, POINT LEFT STOMP LEFT FORWARD.

- 1-2 (12:00): Step right side right (2 count),.
- 3-4 (12 : 00) turn ½ (6:00) step right forward.
- 5-6 (6:00) point left recover left, heel right recover right.
- 7-8 (6:00) : point left stomp left forward near right.

#2 sequence :STEP RIGHT SIDE RIGHT, WEAVE LEFT. KICK RIGHT JUMP HOOK LEFT, KICK RIGHT STOMP RIGHT.

- 1-2 (6:00) :Step righ side (2 count).
- 3-4 (6:00) :Step left cross behind right, step right side, step left cross forward right.
- 5-6 (6:00) kick right, jump hook left behind righ.
- 7-8 (6:00) :touch left cross behind right, recover right., kick right , stomp right.

#3 sequence :(6:00) STEP LEFT SIDE LEFT, TURN ½(12:00) STEP LEFT FORWARD, POINT RIGHT, HEEL LEFT, POINT RIGHT, STOMP RIGHT FORWARD.

- 1-2 (6:00) :Step left side left (2 count).
- 3-4 (6:00) turn ½ (12:00) step left forward.
- 5-6 (12: 00) :point right, recover right, heel left recover left.
- 7-8 (12:00) :point right, stomp right forward near left.

#4 sequence : (12:00) STEP RIGHT SIDE RIGHT, WEAVE LEFT, KICK RIGHT, JUMP HOOK LEFT, KICK RIGHT, STOMP RIGHT.

- 1-2 (12:00) : Step right side (2 count).
- 3-4 (12: 00) :Step left cross behind right, step right side, step left cross forward right.
- 5-6 (12:00) kick right, jump hook left behind right.
- 7-8 (12:00) : touch left cross behind right, recover right, kick right, stomp right.

Repeat part A 2 time.

Tag 1

Part B.

Part A 2 time.

Part A only 7 count stomp whit foot right..

Hold 4 count.

Tag 1 for 2 time.

Part A

Final (3 count) :Step right forward, step left forward, step right forward.
