

Free

拍数: 30 墙数: 4 级数: Beginner
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音乐: Feel Free - The Bellamy Brothers



JAZZ BOX

- 1 Cross right foot over in front of left foot
- 2 Step back on left foot
- 3 Step right foot next to left foot
- 4 Step left foot in place

GRAPEVINE RIGHT, TOUCH

- 5 Step right foot forward to right
- 6 Step left foot behind
- 7 Step right foot next to left foot
- 8 Touch left foot next to right foot

GRAPEVINE LEFT, TOUCH

- 9 Step left foot forward to left
- 10 Step right foot behind left foot
- 11 Step left foot next to right foot
- 12 Touch right foot next to left foot

SHUFFLE, SHUFFLE

- 13&14 Shuffle forward right, left, right
- 15&16 Shuffle forward left, right, left

BACK THREE, STEP

- 17 Walk back right foot
- 18 Walk back left foot
- 19 Walk back right foot
- 20 Step left foot

KICK-BALL-CHANGE

- 21&22 Kick right foot forward, step on ball of right foot, change weight to left foot

¼ TURN, STEP, STOMP, STOMP

- 23 Step forward right foot turn ¼ left
- 24 Step left foot
- 25 Stomp right foot
- 26 Stomp left foot

HEEL SPLITS

- 27 Spread both heels out to each side
- 28 Return heels to center
- 29 Spread both heels out to each side
- 30 Return heels to center

REPEAT
