

# Free & Easy

拍数: 16      墙数: 4      级数:  
编舞者: Malcolm Owen (UK) & Viv Owen (UK)  
音乐: Silver Wings - Memphis Roots



---

## PIGEON TOES (HEEL SPLIT)

- 1            Split both heels apart while keeping toes together
- 2            Close feet together

## TOE STRUTS

- 3            Step forward with right toe
- 4            Drop right heel & change weight
- 5            Step forward with left toe
- 6            Drop left heel & change weight

## PIVOT TURN

- 7            Step forward on right
- 8            Pivot  $\frac{1}{4}$  turn to left without lifting feet

## JAZZ BOX

- 9            Step right foot diagonally in front of left
- 10          Step back on left
- 11          Step right foot out to right
- 12          Touch left beside right (no weight change)

## LEFT GRAPEVINE (STROLL)

- 13          Step left diagonally forward
- 14          Cross right behind left
- 15          Step left foot out to left
- 16          Stomp right beside left

## REPEAT

---