

Free & Easy

COPPER KNOB
BY STEPHEN BENTLEY

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Linda Burgess (AUS) - June 2007
音乐: Free and Easy (Down the Road I Go) - Dierks Bentley : (Album: A Long Trip Alone)



Intro: 32 counts

- 1-8** **SIDE, REPLACE, CROSS, SIDE, REPLACE, CROSS, ¼ BACK, ¼ SIDE, CROSS, REPLACE ¼ FWD**
- 1&2,3&4 Rock/step R to R, replace weight to L, cross/step R in front of L, rock/step L to L, replace weight to R, cross/step L in front of R
- 5,6,7&8 Turn ¼ L & step back R, turn ¼ L & step L to L side, cross/step R in front of L, replace weight to L, turn ¼ R & step fwd R
- 9-16** **FULL TURN FWD, FWD COASTER, BACK COASTER, STEP, ½ FLICK**
- 1,2,3&4 Turn ½ R & step back L, turn ½ R & step fwd R, step fwd L, step R beside L, step back L
- 5&6,7,8 Step back R, step L beside R, step fwd R, step fwd L, keep weight on L & pivot 1/2 turn R & flick R behind L (**)
- 17-24** **SHUFFLE FWD, FULL TURN TRIPLE R, FWD, REPLACE, ¼ BEHIND, SIDE, CROSS**
- 1&2,3&4 Shuffle fwd R,L,R, turn ½ R & step back L, turn ½ R & step fwd R, step fwd L
- 5,6,7&8 Rock/step fwd R, replace weight to L, turn ¼ L & step R behind L, step L to L side, cross/step R in front of L
- 25-32** **JUMP OUT, OUT, TWIST X 4, R SAILOR, TOUCH, UNWIND 270DEG L**
- &1,2,3&4 Step/jump fwd L to slight 45L, step R to R to slight 45R, with knees slightly bent twist heels to R, twist heels to L, twist heels to R, twist heels to L
- 5&6,7,8 Cross/step R behind L, step L to L, step R in place, touch L toe behind R, unwind 270deg L (weight to L)

Tags: End of Wall 1 (facing 3.00) & wall 6 (facing 6.00)

- 1,2,3&4 Rock/step fwd R, replace weight to L, R coaster
- 5,6,7&8 Rock/step fwd L, replace weight to R, L coaster

Restart: Wall 2. Dance counts 1-16, then restart (facing 6.00)**

Many thanks to Jon Peppin for this exciting piece of music!!!

[EMail](#)