

# Free and Easy (P)

COPPER KNOB  
BY STEPHENETS

拍数: 40      墙数: 0      级数: Intermediate Partner  
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音乐: Free and Easy (Down the Road I Go) - Dierks Bentley



## Step description by Outta Line Country Dance Instruction

Partner dance starting in single hand hold / mirror footwork unless otherwise noted

### Brush inside foot forward, across, forward, back, shuffle forward, ¼ turn shuffle side (facing partner)

1-4            Man: Brush R forward; Brush R across L; brush R forward, Brush R back  
1-4            Lady: Brush L forward; Brush L across R; Brush L forward, Brush L back  
5&6          Man: Step right foot forward; step left foot next to right; step right foot forward  
576          Lady: Step left foot forward; step right foot next to left; step left foot forward  
7&8          Man: ¼ turn right stepping left foot to side; step right foot next to left; step left foot to side  
7&8          Lady: ¼ turn left stepping right foot to side; step left foot next to right; step right foot to side

**Counts 7&8 you will be turning to face partner progressing line of dance joining in 2-hand hold**

### Sailor, sailor, sailor, shuffle ½ turn changing sides

9&10          Man: Cross right foot behind left, step left foot side, step right foot side  
9&10          Lady: Cross left foot behind right, step right foot side, step left foot side  
11&12        Man: Cross left foot behind right, step right foot side, step left foot side  
11&12        Lady: Cross right foot behind left, step left foot side, step right foot side  
13&14        Man: Cross right foot behind left, step left foot side, step right foot side  
13&14        Lady: Cross left foot behind right, step right foot side, step left foot side  
15&16        Man: ¼ turn right stepping left to side; step right next to left; ¼ turn right stepping left back  
15&16        Lady: ¼ turn left stepping right to side; step left next to right; ¼ turn left stepping right back

**Release Man's left/Lady's right hands on count 14; raise man's right/lady's left hands on count 15; lady will pass underneath raised hands passing behind the man lowering hands on 16**

### ¼ turn rock back, replace, step forward, kick, ¼ turn (facing partner), touch, step, kick

17-20        Man: ¼ turn right stepping right back, replace weight on left; step forward right, kick left foot forward  
17-20        Lady: ¼ turn left stepping left back, replace weight on right; step forward left, kick right foot forward  
21-24        Man: ¼ turn left stepping left to side, touch right; step right forward on right diagonal; kick left  
21-24        Lady: ¼ turn right stepping right to side, touch left; step left forward on right diagonal; kick right

**Count 17 release forward hands joining free hands; Count 22 join in 2-hand hold**

### Step back, touch, walk, walk, ¼ turn, hitch; step forward; touch

25-28        Man: Step back left, touch right; walk forward right, left  
25-28        Lady: Step back right, touch left; walk left, right  
29-32        Man: ¼ turn right stepping right forward, hitch left; step forward left, touch right  
29-32        Lady: ¼ turn left stepping left forward; hitch right; step forward right, touch left

**Count 27 release man's left/lady's right hands, raise joined hands as lady will pass forward of the man lowering hands on count 29**

### Shuffle back, rock, replace, kick ball change, shuffle forward

33&34        Man: Step right foot back; step left foot next to right; step right foot back  
33734        Lady: Step left foot back; step right foot next to left; step left foot back  
35,36        Man: Step back left, replace weight onto right  
35&36        Lady: Step back right, replace weight onto left

37&38 Man: Kick left foot forward, step on ball of left foot next to right, step right foot in place  
37&38 Lady: Kick right foot forward; step on ball of right foot next to left; step left foot in place  
39&40 Man: Step left foot forward; step right foot next to left; step left foot forward  
39&40 Lady: Step right foot forward; step left foot next to right; step right foot forward

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