

Free and Easy

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Tiziana Nastasi (IT) - September 2020
音樂: Free and Easy (Down the Road I Go) - Dierks Bentley



Start dance on lyrics

2 SHUFFLE DIAGONAL FORWARD RIGHT-LEFT, JAZZ BOX,

1&2 Shuffle diagonal right forward (right-left-right)
3&4 Shuffle diagonal left forward (left-right-left)
5-6 Cross right over the left, Step left diagonal back
7-8 Step right to the right side, Cross left over the right

Restart on Wall 7 after 8 counts

Tag on Wall 11 after 8 counts

POINT SWITCHES, HEELS SWITCHES, ½ TURN TO LEFT, STEP, POINT

1&2& Touch right toe to right side, step right to center, touch left toe to right side, step left to center
3&4& touch right heel forward, step right to center, touch left heel forward, step left to center
5-6 Step right forward, ½ turn to left
7-8 Step right forward, point left behind the right foot

½ TURN TO LEFT and SHUFFLE FW, ½ TURN TO LEFT and SHUFFLE BACK, COASTER STEP, WALK

1&2 ½ turn to left and shuffle forward left-right-left
3&4 ½ turn to left and shuffle back right-left-right
5&6 Left Step back, Right step together, Left step forward
7-8 Step right forward, step left forward

Restart on Wall 2 and 11, after 24 counts

2 RIGHT KICK FORWARD-DIAGONAL, SAILOR STEP, 2 LEFT KICK FORWARD-DIAGONAL, ¼ TURN TO LEFT and COSTER STEP

1-2 Right kick forward, right kick diagonal
3&4 Cross right behind left, Step left beside right, Step right side
5-6 Left kick forward, left kick diagonal
7&8 ¼ turn to left and Left Step back, Right step together, Left step forward

REPEAT

*1° Restart: at 2 wall, after 24 count

**2° Restart: at 7 wall, after 8 count

***3° Restart: at 11 wall, after 24 count

Tag: 4 count (at 11° wall, after 8 count)

1-4 point right toe behind left foot 4 times (resume the dance from the 9th count)