

Free And Clear

拍數: 64 牆數: 1 級數: Intermediate
編舞者: June Crystal Lewis (USA)
音樂: Ancient History - Pam Tillis



8-COUNT GRAPEVINE

1-2 Step right foot to right side; cross-step left behind right
3-4 Pivoting ½ turn right, step on right; step left to left side
5-6 Cross-step right behind left; pivoting ½ turn left, step on left
7-8 Step right to right side; touch left beside right.

HIP PUSHES

9-10 Step left to left side and push hips to left twice
11-12 Push hips to right twice
13-14 Push hips to left, then to right
15-16 Push hips to left, then to right.

DOUBLE PUMP, ROCK STEP; PIVOT TURN, SHUFFLE

17-18 Pump (kick) left foot forward and down twice
19-20 Rock-step left foot back; rock forward onto right
21-22 Step left foot forward; pivot ½ turn right
23&24 Step left to left side; step right together; step left to left side.

DOUBLE PUMP, ROCK STEP, PIVOT TURN, SHUFFLE

25-26 Pump (kick) right foot forward and down twice
27-28 Rock-step right foot back; rock forward onto left
29-30 Step right foot forward; pivot ½ turn left
31&32 Step right foot to right side; step left together; step right to right side.

8-COUNT GRAPEVINE

33-34 Step left foot to left side; cross-step right behind left
35-36 Pivoting ½ turn left, step on left; step right to right side
37-38 Cross-step left behind right; pivoting ½ turn right, step on right
39-40 Step left to left side; touch right beside left

HIP PUSHES

41-42 Step right foot right and push hips to right side twice
43-44 Push hips to left side twice
45-46 Push hips to right, then to left
47-48 Push hips to right, then to left.

DOUBLE PUMP, ROCK STEP, PIVOT TURN, SHUFFLE

49-50 Pump (kick) right foot forward and down twice
51-52 Rock-step right foot back; rock forward onto left
53-54 Step right foot forward; pivot ½ turn left
55-56 Step right foot to right side; step left together; step right to right side.

DOUBLE PUMP, ROCK STEP, PIVOT TURN, SHUFFLE

57-58 Pump (kick) left foot forward and down twice
59-60 Rock-step left foot back; rock forward onto right
61-62 Step left foot forward; pivot ½ turn right

63-64

Step left foot to left side; step right together; step left foot to left side.

REPEAT
