

Free & Easy

拍數: 16 牆數: 4 級數:
編舞者: Malcolm Owen (UK) & Viv Owen (UK)
音樂: 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
