

Free And Easy

拍數: 40 牆數: 2 級數: Improver
編舞者: Caz Robertson (UK)
音樂: Free and Easy (Down the Road I Go) - Dierks Bentley



T-BONE STEPS TWICE

- 1-4 Step right forward, brush left forward, brush left back across right, brush left forward across right
5-8 Step left forward, brush right forward, brush right back across left, brush right forward across left

DOROTHY STEPS TWICE, ROCKING HORSE

- 9-10& Step right to right diagonal, lock left behind right, step right in place
11-12& Step left to left diagonal, lock right behind left, step left in place
13-16 Rock forward on right, recover on left, rock back on right, recover on left

SHUFFLE, ROCK, RECOVER, GRAPEVINE WITH ¼ TURN, BALL STEP, RECOVER

- 17&18 Step right to right, step left next to right, step right to right
19-20 Rock back on left to right diagonal, recover on right
21-23 Step left to left, step right behind left, making ¼ turn left step left forward
&24 Step back on ball of right, recover on left

HEEL GRIND, COASTER TWICE

- 25-26 Rock forward on right heel arcing right toe from left to right, step back on left
27&28 Step right back, step left back, step right forward
29-30 Rock forward on left heel arcing left toe from right to left, step back on right
31&32 Step left back, step right back, step left forward

1/8 PADDLE TURNS TWICE, POINT, STEP, POINT, STEP, HEEL, CLAP

- 33-36 Step forward on right, pivot on balls of both feet 1/8 turn left, step forward on right, pivot on balls of both feet 1/8 turn left
37&38 Point right to right, step right in place, point left to left
&39-40 Step left in place, touch right heel forward, clap

REPEAT

FINISH

At end of wall 9, after counts &39-40, finish dance on final music notes with heel switches and clap:

- &1 Step right in place, touch left heel forward
&2 Step left in place, touch right heel forward
&3 Step right in place, touch left heel forward
4 Clap

"T-Bone steps" are steps from Peter Metelnick's dance 'T-Bone Shuffle'