

# 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'