

Free To Be

拍數: 48 牆數: 4 級數:
編舞者: Deb Kirk (USA)
音樂: Only In America - Brooks & Dunn



2 LEFT HEEL SWIVELS

1-4 Shift heels to left and return; twice

ALTERNATING HEELS & TOES

5-8 Tap right heel in front twice, touch right toe behind once, tap right heel once-

9-12 Touch right toe behind twice, tap right heel in front once, touch right toe once

STEP SLIDE FORWARD/DRAG BACK

13-16 (At 45 degree angle) step forward right foot, slide up left foot to meet; twice

17-20 (At 45 degree angle) drag back left foot, bring right back to meet; twice

DRAG BACK/ STEP SLIDE FORWARD

21-24 (At angle) drag back right foot, bring left back to meet; twice

25-28 (At angle) step forward left foot, slide right to meet; twice

MOVING TOE/HEELS - A YOAKAM

29-32 While left foot moves to right w/ heel, toe shifts, right foot touches toe, taps heel 2 times

HEEL/CROSS/UNWIND/CLAP

33-36 Tap right heel, cross over left to touch right toe, unwind $\frac{1}{2}$ turn to left, clap hands 1x

SALSA

37-40 Rock forward on right, recover/ rock back on right, recover

HALF PIVOT/STOMP/CLAP

41-44 Point out with right foot, pivot $\frac{1}{2}$ to left, bring right foot up & stomp, clap hands 1x

QUARTER PIVOT/STOMP/CLAP

45-48 Point out with left foot, pivot $\frac{1}{4}$ to right, bring left foot up & stomp, clap hands 1x

REPEAT
