

Free and Easy (P)

拍數: 40 牆數: 0 級數: Intermediate Partner
編舞者: Greg Van Zilen (USA) & Samantha Van Zilen (USA) - October 2007
音樂: Free and Easy (Down the Road I Go) - Dierks Bentley



Step description by Outta Line Country Dance Instruction

Partner dance starting in single hand hold / mirror footwork unless otherwise noted

Brush inside foot forward, across, forward, back, shuffle forward, ¼ turn shuffle side (facing partner)

1-4 Man: Brush R forward; Brush R across L; brush R forward, Brush R back
1-4 Lady: Brush L forward; Brush L across R; Brush L forward, Brush L back
5&6 Man: Step right foot forward; step left foot next to right; step right foot forward
576 Lady: Step left foot forward; step right foot next to left; step left foot forward
7&8 Man: ¼ turn right stepping left foot to side; step right foot next to left; step left foot to side
7&8 Lady: ¼ turn left stepping right foot to side; step left foot next to right; step right foot to side

Counts 7&8 you will be turning to face partner progressing line of dance joining in 2-hand hold

Sailor, sailor, sailor, shuffle ½ turn changing sides

9&10 Man: Cross right foot behind left, step left foot side, step right foot side
9&10 Lady: Cross left foot behind right, step right foot side, step left foot side
11&12 Man: Cross left foot behind right, step right foot side, step left foot side
11&12 Lady: Cross right foot behind left, step left foot side, step right foot side
13&14 Man: Cross right foot behind left, step left foot side, step right foot side
13&14 Lady: Cross left foot behind right, step right foot side, step left foot side
15&16 Man: ¼ turn right stepping left to side; step right next to left; ¼ turn right stepping left back
15&16 Lady: ¼ turn left stepping right to side; step left next to right; ¼ turn left stepping right back

Release Man's left/Lady's right hands on count 14; raise man's right/lady's left hands on count 15; lady will pass underneath raised hands passing behind the man lowering hands on 16

¼ turn rock back, replace, step forward, kick, ¼ turn (facing partner), touch, step, kick

17-20 Man: ¼ turn right stepping right back, replace weight on left; step forward right, kick left foot forward
17-20 Lady: ¼ turn left stepping left back, replace weight on right; step forward left, kick right foot forward
21-24 Man: ¼ turn left stepping left to side, touch right; step right forward on right diagonal; kick left
21-24 Lady: ¼ turn right stepping right to side, touch left; step left forward on right diagonal; kick right

Count 17 release forward hands joining free hands; Count 22 join in 2-hand hold

Step back, touch, walk, walk, ¼ turn, hitch; step forward; touch

25-28 Man: Step back left, touch right; walk forward right, left
25-28 Lady: Step back right, touch left; walk left, right
29-32 Man: ¼ turn right stepping right forward, hitch left; step forward left, touch right
29-32 Lady: ¼ turn left stepping left forward; hitch right; step forward right, touch left

Count 27 release man's left/lady's right hands, raise joined hands as lady will pass forward of the man lowering hands on count 29

Shuffle back, rock, replace, kick ball change, shuffle forward

33&34 Man: Step right foot back; step left foot next to right; step right foot back
33734 Lady: Step left foot back; step right foot next to left; step left foot back
35,36 Man: Step back left, replace weight onto right
35&36 Lady: Step back right, replace weight onto left

37&38 Man: Kick left foot forward, step on ball of left foot next to right, step right foot in place
37&38 Lady: Kick right foot forward; step on ball of right foot next to left; step left foot in place
39&40 Man: Step left foot forward; step right foot next to left; step left foot forward
39&40 Lady: Step right foot forward; step left foot next to right; step right foot forward

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