



Nom: **FREE AND EASY**

Choregraphe: Greg & Samantha Van Zilen

Description: 40 comptes, Partner/circle dance

Music: "Free and easy(downthe road i go)" de Dierks Bentley

Niveau: Intermédiaire

Danse soumise par: **Inter-Clubs Country du Grand Est**

Intro Start dance on lyric

Position: *Single hand:mirror unless otheerwise noted*

1-8 BRUSH INSIDE FOOT FORWARD, ACROSS, FORWARD, BACK, SHUFFLE FORWARD, ¼ TURN SHUFFLE SIDE (FACING PARTNER)

- 1-4 **MAN:** Brush right forward, brush right across left, brush right forward, brush right back
LADY: Brush left forward, brush left across right, brush left forward, brush left back
- 5&6 **MAN:** Step right foot forward, step left foot next to right, step right foot forward
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
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*

9-16 SAILOR, SAILOR, SAILOR, SHUFFLE ½ TURN CHANGING SIDES

- 1&2 **MAN:** Cross right foot behind left, step left foot side, step right foot side
LADY: Cross left foot behind right, step right foot side, step left foot side
- 3&4 **MAN:** Cross left foot behind right, step right foot side, step left foot side
LADY: Cross right foot behind left, step left foot side, step right foot side
- 5&6 **MAN:** Cross right foot behind left, step left foot side, step right foot side
LADY: Cross left foot behind right, step right foot side, step left foot side
- 7&8 **MAN:** ¼ Turn right stepping left to side, step right next to left, ¼ turn right stepping left back
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*

17-24 ¼TURN ROCK BACK, REPLACE, STEP FORWARD, KICK, ¼TURN (FACING PARTNER), TOUCH, STEP, KICK

- 1-4 **MAN:** ¼ Turn right stepping right back, recover to left, step forward right, kick left forward
LADY: ¼ Turn left stepping left back, recover to right, step forward left, kick right forward
- 5-8 **MAN:** ¼ Turn left stepping left to side, touch right, step right forward diagonal, kick left
LADY: ¼ Turn right stepping right to side, touch left, step left right forward diagonal, kick right
**Count 17 release forward hands joining free hands, count 22 join in 2-hand hold*

25-32 STEP BACK, TOUCH, WALK, WALK, ¼ TURN, HITCH; STEP FORWARD, TOUCH

- 1-4 **MAN:** Step back left, touch right, walk forward right, left
LADY: Step back right, touch left, walk left, right
- 5-8 **MAN:** ¼ Turn right stepping right forward, hitch left, step forward left, touch right
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*

33-40 SHUFFLE BACK, ROCK, REPLACE, KICK BALL CHANGE, SHUFFLE FORWARD

- 1&2 **MAN:** Step right foot back, step left foot next to right, step right foot back
LADY: Step left foot back, step right foot next to left, step left foot back
- 3-4 **MAN:** Step back left, recover to right
LADY: Step back right, recover to left
- 5&6 **MAN:** Kick left foot forward, step on ball of left foot next to right, step right in place
LADY: Kick right foot forward, step on ball of right foot next to left, step left foot in place
- 7&8 **MAN:** Step left foot forward, step right foot next to left, step left foot forward
LADY: Step right foot forward, step left foot next to right, step right foot forward

REPEAT