

Free And Easy

40 count, 2 wall, beginner/intermediate level
Choreographer: Caz Robertson (UK) Feb 2007
Choreographed to: Free And Easy (Down The Road I
Go) by Dierks Bentley, Long Trip Alone Album
(120 bpm)

Start on Vocals at Count 33 (from start)

'T-Bone' Steps x 2

- 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 x 2, 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 1/4 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 1/4 turn left step left forward
&24 Step back on ball of right, recover on left

Heel grind, coaster x 2

- 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 x 2, 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

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

Choreographer's Note:

'T-Bone' steps á la Peter Metelnick's dance 'T-Bone Shuffle'

Music download available from itunes
