

# Free Spirit

**Count:** 64

**Wall:** 4

**Level:**

**Choreographer:** Brenton Talbot (AUS)

**Music:** A Real Good Way to Wind Up Lonesome - James House



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- 1-8 Heel strut forward, right-left-right-left.  
9-12 Kick right foot forward twice and coaster step right.  
13-20 Heel strut forward, left-right-left-right.  
21-24 Kick left foot forward twice and coaster step left.
- 25-32 Step right, right toe 45 degrees, drop heel. Step right toe across left foot, drop heel. Step left, left toe 45 degrees, drop heel. Step right toe beside left foot, drop heel.  
33-36 (paddle turn) step forward right foot, ¼ turn left, step in place, step forward right foot, ¼ turn left, step in place.  
37-44 Heel strut forward, right-left-right-left.
- 45-52 Step right toe to right side, drop heel, step left toe to right, drop heel. Step right toe to right side, drop heel, step left toe to right, drop heel.  
53-60 Step left toe to left side, drop heel, step right toe to left, drop heel. Step left toe to left side, drop heel, step right toe to left, drop heel.  
61-64 Step forward on right foot, turning ¼ turn left, touch left beside right, step left foot to left side, bring right foot to left.

**REPEAT**

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