

# Ease My Troubles

**Compte:** 32

**Mur:** 4

**Niveau:** Intermediate

**Chorégraphe:** Debbie Ellis (ES) - April 2010

**Musique:** Have I Told You Lately - Rod Stewart



---

## **Night Club Basic, Side, Behind 1/4 turn Step, Step, Pivot, Step, Full Triple Turn.**

- 1 - 2&3 Step right long step to Right side, Rock back on Left, Recover on Right, step Left to Left side.  
4&5 Step Right behind Left, step left forward making a 1/4 turn Left, step Right forward.  
6&7 Step Left forward, Pivot 1/2 turn Right, step Left forward.  
8&1 Full triple turn forward over Left shoulder (stepping R,L,R).

## **Diagonal Left Lock, Step, Pivot, Step, Diagonal Left Lock, Sway Sway.**

- 2&3 Step Left diagonally forward (facing 1:30), lock Right behind Left, step Left diagonally forward.  
4&5 Step Right forward, Pivot 1/2 turn Left, (now facing 6:30), step Right forward.  
6&7 Step Left diagonally forward, (facing 6:30), lock Right behind Left, step left diagonally forward.  
8 - 1 Sway hips to the Right, (now facing 6:00), sway hips to the Left.

## **Behind & Cross, 1/4, 1/4, Rock, Recover & Rock , Recover, 1/2 Turn, 1/4 Turn.**

- 2&3 Step Right behind Left, step Left to Left side, cross Right over Left.  
4&5 Step Left back making a 1/4 turn Right, step Right to side making a 1/4 turn Right, cross rock Left over Right.  
6&7 Recover on Right, step Left to Left side, cross rock Right over Left.  
8&1 Recover on Left, Make a 1/2 turn Right stepping forward on Right, make a 1/4 turn Right stepping Left to side.

## **Behind, Turn, Step, Mambo 1/4 Turn, Cross Rock, Side Rock, Back Rock.**

- 2&3 Step Right behind Left, step Left forward making a 1/4 turn Left, step Right forward.  
4&5 Rock Left forward, Recover on Right, step Left to Left side making a 1/4 turn Left.  
6& Cross rock Right over Left, Recover on Left.  
7& Rock Right to Right side, Recover on Left.  
8& Rock Right behind Left, Recover on Left.

**Ready to start dance stepping to Right side on count 1.**

---