

# Slow and Easy

拍数: 32      墙数: 4      级数: Improver  
编舞者: Pat Stott (UK) & Glynn Rodgers (UK) - May 2018  
音乐: I Love the Way You Love Me - John Michael Montgomery



Alt. 1: I Love The Way You Love Me - Boyzone (Please note - No Restart required)

Alt. 2: Die A Happy Man - Thomas Rhett

Count in: 16 Counts, Start on Vocals

Phrasing: 1 Restart after count 24 on wall 4.

## [1-8] Forward Rock, Back-Cross, Back, Shuffle ½ Turn, Pivot ¼-Cross.

- 1-2            Rock forward right, recover weight on to left foot.  
&3-4          Step slightly back right (angle to 1:30), cross left over right, step back right (straighten to 12:00)  
5&6          Turn ¼ left and step left to left side, close right to left, turn ¼ left and step forward left.  
7&8          Step forward right, pivot ¼ left, cross right over left.

## [9-16] Press, Recover, Behind-Side-Cross, Sways Right, Left, Right, Left.

- 1-2            Step left to left diagonal pressing weight on to ball of left foot bending knee slightly, recover weight on to right.  
3&4          Cross left behind right, step right to right side, cross left over right.  
5-6          Step right to right side swaying hips right, sway hips left.  
7-8          Sway hips to right side, sway hips left.

## [17-24] Cross-¼ Turn-Back, Walk Back, Coaster Step, Skates Forward.

- 1&2            Cross right over left, turn ¼ right stepping back left, step back right.\*\*  
3-4            Walk back left-right.\*\*  
5&6            Step back left, close right to left, step forward left.  
7              Press weight on to ball of left foot as you slide forward with the right.  
8              Press weight on to ball of right foot as you slide forward with the left.

### \*\*OPTIONAL TURN FOR COUNTS 17-20

- 1&2            Cross right over left, turn ¼ right stepping back left, turn ½ right stepping forward right.  
3-4            Make ½ turn right stepping back left, step back right.

### RESTART HERE ON WALL 4 FACING 9 O'CLOCK

## [25-32] Forward Rock & Pivot ¼ Turn, Cross Shuffle, Side, Drag.

- 1-2&          Rock forward right, recover weight on to left, close right to left.  
3-4            Step forward left, pivot ¼ turn right.  
5&6            Cross left over right, step right to right side, cross left over right.  
7-8&          Take large step to right with right foot, drag left towards right, close left to right.

## ENDING

On the final wall you will dance to count 18 (Cross-¼ Turn-Back) and will be facing 12 o'clock – just pose (slowly spread arms at waist height) – Ta-dahhhhhh (Remember not to do the alternative turn on this last wall or you will be facing the back as the music ends!)