

Easy

拍数: 40 墙数: 2 级数: Improver
编舞者: Miko Yamamoto (INA) & Dula Honesty (INA) - May 2018
音乐: Easy by (DJ. Snorre In The Remix) by Commodores



Intro: 24 Count

Restart on wall 4 after 16 count

INTRO:

SEC 1: RIGHT ROLLING VINE, LEFT ROLLING VINE

- 1-4 Make ¼ turn R step R forward, Make ½ turn R step L back, Make ¼ turn R step R to side, Touch L in place
- 5-8 Make ¼ turn L step L forward, Make ½ turn L step R back, Make ¼ turn L step L to side, Touch R in place

SEC 2: (SAMBA CROSS) 4X

- 1a2 Cross R over L, Step L to side, Step R in place
- 3a4 Cross L over R, Step R to side, Step L in place

Repeat 1a2

Repeat 3a4

SEC 3: OUT, OUT, IN, IN

- 1-4 Step R outside, Step L outside, Step R in, Step L in

Repeat 1-4

MAIN DANCE

SEC 1: KICK BALL TOUCH, WALK FORWARD (RIGHT, LEFT, RIGHT, LEFT)

- 1&2 Kick R forward, On ball of R step next to L, Touch L outside L
- 3&4 Kick L forward, On ball of L step next to R, Touch R outside R
- 5-8 Walk forward R, L, R, L

SEC 2: SIDE, BEHIND CROSS TOUCH, SIDE, BEHIND CROSS TOUCH, PIVOT ½ TURN LEFT, FULL TURN LEFT

- 1-4 Step R to side, Touch L toe cross behind R, Step L to side, Touch R toe cross behind L
- 5-8 Step R forward, Pivot ½ turn L, Make ½ turn L step R back, Make ½ turn L step L forward

Restart here on wall 4

SEC 3: SIDE TOUCH, TOGETHER, SIDE TOUCH, TOGETHER, SIDE TOUCH, TOGETHER, SIDE TOUCH, JAZZ BOX

- 1&2& Touch R to side, Step R next to L, Touch L to side, Step L next to R
- 3&4 Touch R to side, Step R next to L, Touch L to side
- 5-8 Cross L over R, Step R back, Step L to side, Cross R over L

SEC4: SIDE ROCK, RECOVER, BEHIND CROSS, SIDE, CROSS OVER

- 1-3&4 Rock L to side, Recover on R, Cross L behind R, Step R to side, Cross L over R
- 4-7&8 Rock R to side, Recover on L, Cross R behind L, Step L to side, Cross R over L

SEC5: TOE HEEL STRUTS, FORWARD, ROCK, RECOVER, ½ LEFT SAILOR COASTER

- 1-4 Touch L toe forward, Drop L heel, Touch R toe forward, Drop R heel
- 5-8 Rock L forward, Recover on R, Make ½ turn L step L back, Step R next to L, Step L forward

Enjoy the dance

Restart during wall 4 after 16 count

For more information about this dance contact: febe.yamamoto@yahoo.com
