

Ain't Always Easy

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 2 级数: Low Intermediate
编舞者: Manuela Gustavsson (SWE) - June 2021
音乐: Girls Like Me (From Songland) - Martina McBride : (Album: Songland)



Intro 3 counts

Notes: 4 Restarts: walls 1, 2, 3 and 7 with a little step change

Section 1 (1-8): Vaudeville step, extended shuffle turn, coaster step fwd

1 & 2 & Cross RF over LF, step back on LF, present right heel fwd, step RF in place
3 & 4 & Cross LF over RF, step back on RF, present left heel fwd, step LF in place
5 & 6 & Step fwd on RF turning $\frac{1}{4}$ R, close LF besides RF (3:00), step fwd on RF turning $\frac{1}{4}$ R, step LF besides RF (6:00)
7 & 8 Step RF fwd, step LF next to RF, step RF back

Restart during wall 7 after 8 cts. with ball change: dance up to and include count 8 of section one. Add stepping LF next to RF on count & and restart the dance facing 12:00

Section 2 (9-16): Rock step, walk fwd, full turn, rocking chair

1 2 3 Rock back on LF, recover on RF, step fwd on LF
4 & 5 Step back on RF turning $\frac{1}{2}$ L (12:00), step fwd on LF turning $\frac{1}{2}$ L (6:00), rock RF fwd
6 7 8 Replace weight on LF, rock back on RF, replace weight on LF

Restart during wall 1 after 16 counts facing 6:00

Section 3 (17-24) Touch step R L R, step fwd, touch step L R L, step back

1 & 2 & Step RF to R side, touch LF next to RF, step LF to L side, touch RF next to LF
3 & 4 Step RF to R side, step LF next to RF, step fwd on RF
5 & 6 & Step LF to L side, touch RF next to LF, step RF to R side, touch LF next to RF
7 & 8 Step LF to L side, step RF next to LF, step back on LF

Restart during wall 2 after 24 counts facing 12:00

Section 4 (25-32): Lock step back, sailor step turning $\frac{1}{2}$, heel switches, $\frac{1}{2}$ Monterey turn

1 & 2 Step back on RF, cross LF over RF, step back on RF
3 & 4 Cross LF behind RF making $\frac{1}{2}$ turn L, step RF beside LF, step LF in place (12:00)

Restart during wall 3 after 28 counts facing 12:00

5 & 6 & Tap R heel fwd, step RF beside LF, tap L heel fwd, step LF beside RF
7 & 8 & Touch R toe to R side, make $\frac{1}{2}$ turn R by bringing RF back to place and stepping onto it, touch L toe out to L side, step LF next to R

Start again! Have fun!

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Last Update - 23 June 2021