

So Easy

拍数: 48 墙数: 1 级数: Phrased Improver
编舞者: Jane Young (TW) - July 2021
音乐: Easy Like That - LÒNIS & Jon Mero



Intro: 16 counts (about 7 secs)

A. 32 counts 1 W ; B-16 counts 1 W

Sequences : A, B, B, A, B, A, B, B, A,B, B, A,A ,B

A -part 32counts

Sec-1 V-R&L heels out-out, R&L back to centre, R fwd, L tog R, 1/2L heels up turn, R fwd

1-2-3-4 R heel diagonal fwd 1) L heel diagonal fwd 2) R back centre 3) L next to R 4)

5-6-7-8 R fwd 5) L tog R 6) 1/2L both heels up turn 7) R fwd 8) 6:00

Sec-2 L fwd, R back, L back, both heels swivel, R back, L fwd, R fwd , both heels swivel (wt.on R)

1-2-3&4 L fwd 1) R back 2) L back 3) both heels swivel to R &)- to L 4) wt.on L

5-6-7&8 R back 5) L fwd 6) R fwd 7) both heels swivel to L &)- to R 8) wt.on R

Sec- 3 V-L&R heels out-out, L&R back to centre, R fwd, L tog R, 1/2R heels up turn, L fwd

1-2-3-4 L heel diagonal fwd 1) R heel diagonal fwd 2) L back centre 3) R next to L 4)

5-6-7-8 L fwd 5) R tog R 6) 1/2R both heels up turn 7) L fwd 8) 12:00

Sec- 4 R fwd, L back, R back, both heels swivel, L back, R fwd, L fwd , both heels swivel (wt.on L)

1-2-3&4 R fwd 1) L back 2) R back 3) both heels swivel to L&) to R 4) wt.on R

5-6-7&8 L back 5) R fwd 6) L fwd 7) both heels swivel to R &) to L 8) wt.on L

B -part 16 counts

Sec-1 R heel touch & hitch(L&Rside) R toe touch fwd & hitch, R step , 1/2 L L- heel grind step

1&2&3&4 R heel touch across L 1) little hitch &) R heel touch R-side 2) little hitch 7) R toe touch fwd 3)
high hitch &) R step down 4)

5-6-7-8 1/2 L L heel grind 5) R back 6) L fwd 7) R step beside 8) 6:00

Sec-2 L heel touch & hitch(R&Lside) L toe touch fwd & hitch, L step , 1/2 R R- heel grind step

1&2&3&4 L heel touch across R 1) little hitch &) L heel touch L-side 2) little hitch 7) L toe touch fwd 3)
high hitch &) L step down 4)

5-6-7-8 1/2 R R heel grind 5) L back 6) R fwd 7) L step beside 8) 12:00

It's always facing 12:00 , so easy , right ?