

EZ On Me

拍数: 16 墙数: 4 级数: Beginner NC
编舞者: Julie Snailham (ES) - October 2021
音乐: Easy On Me - Adele



#16 COUNT INTRO

*1 RESTART - DURING WALL 3 DANCE SECTION 1 WEIGHT WILL BE FWD ON L RESTART FACING 3.00

**2 TAGS - END OF WALLS 8 & 12 & - SWAY R-L-R-L (FACING 6)

1-2 Swaying hips R - L

3-4 Swaying hips R - L

S: 1- BASIC R, SIDE BEHIND, SIDE, CROSS ROCK RECOVER, CROSS ROCK RECOVER ¼ L

1,2& Step R long step R side, rock back on L (slightly behind R), recover on R

3,4& Step L to L side, step R behind L, step L to L side

5-6 Cross rock R over L, recover on L

&7 Step R to R side, cross rock L over R

8& Recover on R, ¼ turn L stepping fwd on L

S: 2- STEP PIVOT ½ L, PRISSY STEPS, ROCK FWD, RECOVER, STEP BACK DRAGGING L TO R, COASTER CROSS

1-2 Step fwd R, slow pivot ½ L (weight on L)

3-4 Step fwd on R cross over L (slightly hitching R), step fwd on L (slightly hitching L) cross over R

5&6 Rock fwd on R, recover on L, step back on R (large step)

7&8 Dragging L back step back L, step R back, cross L over R

Last Wall Facing 12 Dance Upto And Including S: 2

Counts 1-2, Turn 1/4 Left Into A Right Chasse, Rock Back Left Recover Right, Step Fwd Left, Step Fwd Right

Thank you for looking/teaching my dance

Any queries/questions please contact me at snailham56@yahoo.co.uk or via facebook

Last Update - 3 Nov. 2021