

Slow & Easy

拍数: 32 墙数: 2 级数: Intermediate
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音乐: Slow and Easy - Karen Waldrup



#8 Count Intro / 16 Counts

Note: Start facing 6:00

[01 - 08]: ½ Back Sweep, Back Sweep, Back Sweep, Weave, Rock ¼ Turn, Step, Step ½ Pivot, ½ Step

- 1 Turn ½ right step left back sweep right from front to back (12:00)
- 2 Step right back sweep left from front to back
- 3 Step left back sweep right from front to back
- 4&a Step right behind left, step left to left, cross right over left
- 5-6 Rock left to left, turn ¼ right recover weight onto right (3:00)
- 7 Step left forward
- 8&a Step right forward, pivot ½ left transferring weight onto left, turn ½ left step right back (3:00)

[09 - 16]: ¼ Side, ¼ Step Sweep, Cross, Back Side Cross, Rock ¼ Turn, Step, Rock & ½ Step

- 1-2 Turn ¼ left step left to left, turn ¼ right step right forward sweep left from back to front (3:00)
- 3 Cross left over right
- 4&a Step right back, step left to left, cross right over left
- 5-6 Rock left to left, turn ¼ right recover weight onto right (6:00)
- 7 Step left forward
- 8&a Rock right forward, recover weight onto left, turn ½ right step right forward (12:00)

Restart Here on Wall 5

[17 - 24]: Step Full Spiral, Step, ½ Back, Back Rock, Full Turn To Sweep, Weave Hitch, Behind, Side

- 1-2& Step left forward spiralling full turn right, step right forward, turn ½ right step left back (6:00)
- 3-4& Rock right back, recover weight onto left, turn ½ left step right back (12:00)
- 5 Turn ½ left step left forward sweeping right from back to front (6:00)
- 6&7 Cross right over left, step left to left, step right behind left hitching left to left side
- 8& Step left behind right, step right to right

[25 - 32]: ⅛ Step Brush, Run Back, Back Rock ⅛ Turn, Full Turn To Sweep, Cross, Run Back, Back, ½ Step

- 1 Turn ⅛ right step left forward brush right forward into a low kick (7:30)
- 2& Step right back, step left back
- 3-4 Rock right back, turn ⅛ left recover weight onto left (6:00)
- &5 Turn ½ left step right back, turn ½ left step left forward sweeping right from back to front (6:00)
- 6& Cross right over left, step left back
- 7-8& Step right back, step left back, turn ½ right step right forward (12:00)