

No Easy Way (P)

COPPERKNOB
BY SHEETS

拍数: 64 墙数: 0 级数: Partner
编舞者: Chester & Jac (UK) - April 2022
音乐: No Easy Way To You - Matt Castillo



Restart During 2nd repetition after count 56

Start in Closed Western Man facing LOD - Opposite footwork unless noted.

24 count Intro

FORWARD TOUCH, CHASSE, ROCK RECOVER, SHUFFLE

1- 4 Man: Step forward on Lt. Touch Rt next to Lt. Chasse Rt. RLR

Lady: Step back on Rt. Touch Lt next to Rt. Chasse Lt. LRL

5- 8 Man: Rock back on Lt, recover on Rt ,shuffle forward LRL

Lady Rock forward on Rt, recover on Lt, shuffle back RLR

FORWARD TOUCH, CHASSE, ROCK RECOVER, SHUFFLE

9-12 Man: Step forward on Rt. Touch Lt next to Rt. Chasse Lt. LRL

Lady: Step back on Lt. Touch Rt next to Lt. Chasse Rt. RLR

13-16 Man Rock back on Rt, recover on Lt , shuffle forward RLR

Lady: Rock forward on Lt, recover on Rt , shuffle back LRL

VINE, TOUCH, VINE, TOUCH - (LADY ROLLING VINES)

17-20 Man: Step Lt to side, Rt behind, Lt to side, Touch Rt next to Lt

Lady: Full turn Rt. Stepping RLR Touch Lt (Turning under Mans raised Lt arm)

21-24 Man: Step Rt to side, Lt behind, Rt to side, Touch Lt next to Rt

Lady: Full turn Lt. Stepping LRL Touch Rt (Turning under Ladys raised Rt arm)

ROCK RECOVER, SHUFFLE ,(LADY 1/2 PIVOT, SHUFFLE) ROCK RECOVER, COASTER STEP

25-28 Man: Rock back on Lt, recover on Rt, Shuffle forward LRL LOD

Lady: Step forward Rt, Pivot 1/2 turn Lt Shuffle forward RLR (Turning under Mans raised Rt arm) LOD

29-32 Man: Rock forward on Rt, recover on Lt , Step Rt back, Lt together, Rt forward

Lady: Rock forward on Lt, recover on Rt , Step Lt back, Rt together, Lt forward

Inside hand hold

TURN 1/8, TOUCH, SHUFFLE. TURN 1/8, TOUCH,SHUFFLE

33-36 Man: Step turning 1/8 Lt. Touch Rt . Shuffle forward RLR. LOD

Lady: Step turning 1/8 Rt. Touch Lt . Shuffle forward LRL.

37-40 Man: Step turning 1/8 Lt. Touch Rt . Shuffle forward RLR

Lady: Step turning 1/8 Rt. Touch Lt . Shuffle forward LRL.

1/2 TURN,STEP BACK, SHUFFLE BACK, 1/2 TURN, STEP FORWARD, SHUFFLE

41-44 Man: 1/2 Turn Rt stepping back on Lt. Step back on Rt. Shuffle Back LRL RLOD

Lady: 1/2 Turn Lt stepping back on Rt. Step back on Lt. Shuffle Back RLR RLOD

45-48 Man: 1/2 turn Lt stepping back on Rt Shuffle forward RLR LOD

Lady: Full turn stepping Lt Rt . Shuffle Back LRL RLOD

Count 41 Release inside hands for the 1/2 turn, rejoin on shuffle

Count 45 Lady turns under Mans Lt into Double hand

ROCK BACK RECOVER Stepping apart SHUFFLE 1/4 RT (LADY SHUFFLE 3/4 LT)

ROCK BACK RECOVER Stepping apart SHUFFLE 1/4 LT (LADY SHUFFLE 3/4 RT)

49-52 Man: Rock back on Lt recover on Rt. Triple 1/4 turn Rt OLOD

Lady: Rock back on Rt recover on Lt. Triple 3/4 turn Lt ILOD

53-56 Man: Rock back on Rt recover Triple 1/4 turn Lt LOD
Lady: Rock back on Rt recover Triple 3/4 turn Rt RLOD
(Lady turns under both raised arms (Double Crossed hands Mans Rt on top.)
(Count 56 resume Closed Western RESTART HERE 2nd REPETITION

ROCK RECOVER, SHUFFLE, WALK WALK SHUFFLE

57-60 Man: Rock back on Lt, recover on Rt, Shuffle forward LRL LOD
Lady: Rock forward on Rt, recover on Lt , Shuffle back RLR
61-64 Man: Walk forward Rt Lt. Shuffle forward RLR
Lady: Walk back Lt Rt. Shuffle back LRL

Start Again - April 2022
