

Sweet And Easy (P)

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 0 级数: Partner
编舞者: Larry Boezeman (USA)
音乐: Think It Over - The Tractors



Position: Sweetheart

FORWARD SHUFFLES

1&2 Shuffle forward left, right, left
3&4 Shuffle forward right, left, right

STEP, TOUCH, STEP BACK, HITCH

5-8 Step forward on left, touch right toe behind left foot, step back on right foot, hitch left leg

LEFT STROLL, SCUFF RIGHT WITH ¼ TURN LEFT

9-12 Step forward on left foot at 45 degree angle to left, slide right foot up & behind the left foot, step forward on left foot at 45 degree angle to left, scuff right foot with a ¼ turn to left

Man: drop left hand on turn & bring right hand over lady's head

RIGHT GRAPEVINE, LEFT SCUFF

13-16 **MAN:** Step right foot to right side, step left foot behind right foot, step right foot to left side, scuff left foot
LADY: Do a right grapevine almost in place, move up to man's left side on grapevine, scuff left foot

CHARLESTON STEP

17-20 Step forward on left foot, kick right foot forward, step back on right foot, touch left toe straight back

LADIES 1 ¼ WALKING TURN, MAN'S ¼ WALKING TURN

21-24 **MAN:** Step left foot to left side, step right foot next to left, step left with left foot while doing a ¼ turn to left, scuff right foot
LADY: Starting with left foot, do a 1 ¼ walking turn to left in place, scuff right foot. Lady is now on man's left side

Hand holds: during turn bring right hands over man's head to man's right shoulder. Left hands follow thru on turn & end up in front of lady

You are both facing RLOD

FORWARD SHUFFLES

25&26 Shuffle forward right, left, right
27&28 Shuffle forward left, right, left

½ WALKING TURN

29-32 **MAN:** Step right, left, right, while doing a ½ turn to left in place, scuff left foot
LADY: Step right, left, right while doing a ½ turn to right in place, scuff left foot

Hand holds: while turning, right hands go over man's head, then over lady's right shoulder ending up in sweetheart position

STEP, TURN ¼, SCUFF

33-34 Step forward on left foot turning ¼ to left, scuff right foot
Drop left hands, bring right hand over lady's shoulder
35-36 Step forward on right foot turning ¼ to left, scuff left foot
Drop right hands, rejoin left side by side

37-38 Step forward on left foot turning $\frac{1}{4}$ to left, scuff right foot

Rejoin right hands

39-40 Step forward on right foot turning $\frac{1}{4}$ to left, scuff left foot

Bring right hands to lady's right shoulder

LINDY

41&42 Shuffle to the left side, left, right, left

43-44 Rock back on right foot, recover forward on left

45&46 Shuffle to the right side, right, left right

47-48 Rock back on left foot, recover forward on right

REPEAT
