

Easy Does It

拍数: 32 墙数: 4 级数: Beginner polka
编舞者: Nancy Morgan (USA)
音乐: One of the Guys - Kellie Pickler



TOE, HEEL, TRIPLE IN PLACE, TOE HEEL, TRIPLE IN PLACE

1-2 Toe-heel - touch right toes in towards left instep, touch right heel in towards left instep
3&4 Triple in place - step right, left, right
5-6 Toe-heel - touch left toes in towards right instep, touch left heel in towards right instep
7&8 Triple in place - left, right, left

WALK, WALK, SHUFFLE FORWARD, FORWARD ROCK, SHUFFLE BACK

1-2 Walk forward - right, left
3&4 Shuffle forward - right, left, right
5-6 Forward rock - forward on left, back on right
7&8 Shuffle back - left, right, left

BACK ROCK, STEP, ¼ TURN PIVOT, STOMP, KICK, BACK ROCK

1-2 Back rock - step back on right, step forward on left
3-4 Step forward on right, pivot ¼ turn to left (weight ends on left)
5-6 Stomp right next to left, kick right foot forward
7-8 Back rock - rock back on right, rock forward on left

KICK TWICE, BACK ROCK, STEP TOGETHER, SIDE ROCK

1-2 Kick right foot forward twice (kick low then higher)
3-4 Back rock - step back on right, forward on left
5-6 Step right foot forward, step left next to right
7-8 Side rock - right foot out to right side, return to left

REPEAT
