

Easily

COPPER KNOB
CHOREOGRAPHY

拍数: 152 墙数: 1 级数: Phrased Beginner
编舞者: Sally Hung (TW) - April 2012
音乐: Easily (특하면) (feat. Skull) - Brave Girls (브레이브걸스)



Sequence of Dance: Intro AA'BAAA'B #/Tag /B#

Intro (32 counts) - Start dancing at 13 sec

1-4 Back diagonal R shuffle on RLR, back diagonal L shuffle on LRL
5-8 Repeat 1,2,3,4
9-16 Step R fwd with arms spiral up, step R back , step L fwd with arms spiral down, step L back
17-20 Fwd diagonal R shuffle on RLR, fwd diagonal L shuffle on LRL
21-24 Repeat 17-20
25-32 Repeat 9-16

AI. ROCK RECOVER, ½ TURN R, R SHUFFLE, ROCK RECOVER, CROSS-RECOVER- STEP

1,2,3&4 Rock R fwd, recover on L, ½ turn R shuffle on RLR
5,6,7&8 Rock L to L, recover on R, cross L over R, recover on R, step L in place

AII. ROCK RECOVER, ½ TURN R, R SHUFFLE, ROCK RECOVER, CROSS-RECOVER-STEP

1-8 Repeat AI.1-8

AIII. ½ TURN L BENDING L KNEE STEP TO SIDE X4, ROCK RECOVER X2

1-4 Slightly bending L knee and step R to R 4 times making a half turn L
5-8 Rock L to side, recover on R, rock R to side, recover on L

AIV. JUMP FWD & BACKWARD WITH SHIMMY, ½ TURN L BENDING L KNEE STEP TO SIDE X4

1-4 Jump fwd with body shimmy, jump back with body shimmy
5-8 Slightly bending L knee and step R to R 4 times making a half turn L

A'I. ROCK RECOVER, ½ TURN R, R SHUFFLE, ROCK RECOVER, CROSS-RECOVER-STEP

1,2,3&4 Rock R fwd, recover on L, ½ turn R shuffle on RLR
5,6,7&8 Rock L to L, recover on R, cross L over R, recover on R, step L in place

A'II. ROCK RECOVER, ½ TURN R, R SHUFFLE, ROCK RECOVER, ? TURN L THREE STEPS

1,2,3&4 Rock R fwd, recover on L, ½ turn R shuffle on RLR
5,6,7&8 Rock L to L, recover on R, ? turn L three steps on LRL

BI. L BACK HITCH - R BACK HITCH - TOUCH TOES - GRIND (X2)

1,2,3&4 L back hitch with L palm up and down, R back hitch, touch R toes fwd, R toes grind out and inward
5,6,7&8 Repeat 1,2,3,&4

BII. L BACK HITCH - R BACK HITCH - TOUCH TOES - GRIND, JUMP BACK, HOLD

1,2,3&4 Repeat BI. 1-4
5,6,7,8 Jump back on R-L-R facing 12:00 , hold with head circling from L to R

BIII. GRIND HEEL R, GRIND HEEL L

1,-4 R heel grind 3 times, step R back
5,-8 L heel grind 3 times, step L back

BIV. GRIND HEEL R, GRIND HEEL L

1-4 R heel grind 3 times, step R back

5-8 L heel grind 3 times, step L back

(4 counts)

1,2,3,4 Step L back, slide R back beside L with R arm push fwd

Tag (36 counts)

1-12 Slowly circling from R to L by walk

13-16 Step R back, slide L back with L arm push fwd

17-28 Slowly circling from L to R by walk

29-32 Step L back, slide R back with R arm push fwd

33-36 Bend both knees, up and down for 4 counts

Have Fun & Happy Dancing!

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