

Easy

拍数: 64 墙数: 4 级数: Improver / Intermediate
编舞者: Lorraine Turner (AUS) - December 2012
音乐: Easy - Tanya Tucker



Begin: On the word "Man"

1/2 TURN RIGHT, KICK LEFT LEG, SWIVEL 1/2 TURN RIGHT, KICK RIGHT LEG, TRANSFER WEIGHT TO LEFT FOOT, SHUFFLE BACK ON RIGHT, ROCK BACK ON LEFT, ROCK FORWARD ON RIGHT

- 1,2 Stepping back on R, 1/2 turn R, Place R foot, Kick L leg
- 3,4 Place L foot in front of R and swivel on ball of both feet, 1/2 turn R, Transfer weight onto L foot, Kick R leg
- 5&6 Step back on R, Step L beside R, Step back on R (back shuffle)
- 7,8 Rock back on L, Rock fwd on R

SHUFFLE FORWARD LEFT, MOVING BACKWARDS RIGHT 45, LEFT 45, RIGHT 45, ROCK FORWARD ON RIGHT STEP FORWARD ON LEFT, TOUCH RIGHT TOE BEHIND LEFT

- 1&2 Step fwd on L, Step R beside L, Step fwd on L (fwd Left shuffle)
- 3& Moving backwards do a 45 with R heel, Step back on R
- 4& Moving backwards do a 45 with L heel, Step back on L
- 5,6 Moving backwards do a 45 with R heel, Rock fwd on R *****
- 7,8 Step fwd on L, Touch R behind L

REPEAT FROM START TO *** Then Continue on with second set of 7 &8 steps. Repeat the same thing all the way through dance.**

- 7&8 Step fwd on L, Step R beside L, Step fwd on L (fwd Left shuffle)

MOVING FORWARD DO 2 KICK BALL CHANGES, 1/2 MONTEREY

- 1&2 Moving fwd Kick R foot, Replace R, Step L beside R (R kick ball change)
- 3&4 Moving fwd Kick R foot, Replace R, Step L beside R (R kick ball change)
- 5,6,7,8 Touch R toe to R side, Turning 1/2 turn on ball of L step R beside L, Touch L toe to L side, Step L beside R (Monterey turn)

MOVING FORWARD DO 2 KICK BALL CHANGES, STEP FORWARD ON RIGHT DO FULL TURN LEFT, RIGHT SHUFFLE FORWARD

- 1&2 Moving fwd Kick R foot, Replace R, Step L beside R (R kick ball change)
- 3&4 Moving fwd Kick R foot, Replace R, Step L beside R (R kick ball change)
- 5&6 Full turn L, L-R
- 7&8 Step fwd on R, Step L beside R, Step fwd on R (fwd Right shuffle)

STEP FORWARD ON LEFT, FULL TURN RIGHT, SHUFFLE FORWARD ON LEFT, SIDE SHUFFLE RIGHT, ROCK BACK ON LEFT, ROCK FORWARD ON RIGHT

- 1&2 Full turn R, R-L
- 3&4 Step fwd on L, Step R beside L, Step fwd on L (fwd Left shuffle)
- 5&6 Step R to R side, Step L beside R, Step R to R side (R side shuffle)
- 7&8 Rock back on L, Rock fwd on R

SIDE SHUFFLE LEFT, ROCK BACK ON RIGHT, ROCK FORWARD ON LEFT, STEP RIGHT FOOT AT 45%, ROCK BACK ON LEFT, FORWARD ON RIGHT, TURN 1/4 LEFT, STEP LEFT FOOT FORWARD, ROCK BACK ON RIGHT, FORWARD ON LEFT

- 1&2 Step L to L side, Step R beside L, Step L to L side (L side shuffle)
- 3,4 Rock back on R, Rock fwd on L
- 5&6 Step R foot fwd at a 45% angle, Rock back on L, Fwd on R
- 7&8 Turn 1/4 turn L, Step L foot fwd, Rock back on R, Fwd on L

[64] Count Dance:

START AGAIN:

TAGS: At the end of 3rd and 4th walls, Repeat last 2 lines. 5&6,7&8

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