

It Ain't Easy

COPPER KNOB
BY STEPHEN METZ

拍数: 32 墙数: 4 级数: Beginner / Improver
编舞者: Gaye Teather (UK) - March 2014
音乐: It Ain't Easy - Mike Kelly



16 count intro – 9 seconds - Dance rotates in CCW direction

Walk. Walk. Kick-ball-change. Right Rocking chair

1 – 2 Walk forward Right. Left
3&4 Kick Right foot forward. Step Right beside Left. Step Left in place beside Right
5 – 6 Rock forward on Right. Recover onto Left
7 – 8 Rock back on Right. Recover onto Left

Step. Pivot half turn Left. Shuffle forward. Step. Pivot quarter turn Right. Cross shuffle

1 – 2 Step forward on Right. Pivot half turn Left
3&4 Step forward on Right. Step Left beside Right. Step forward on Right
5 – 6 Step forward on Left. Pivot quarter turn Right (Facing 9 o'clock)
7&8 Cross Left over Right. Step Right to Right side. Cross Left over Right

Side Right. Toe points across. Side. Across. Chase left. Back rock

1 – 2 Step Right to Right side. Point Left toe across Right foot
3 – 4 Point Left toe to Left side. Point Left toe across Right foot
5&6 Step Left to Left side. Step Right beside Left. Step Left to Left side
7 – 8 Rock back on Right. Recover onto Left

Chasse Right. Back rock. Side Left. Touch. Twist. Twist

1&2 Step Right to Right side. Step Left beside Right. Step Right to Right side
3 – 4 Rock back on Left. Recover onto Right
5 – 6 Step Left to Left side. Touch Right toe in front of Left foot
7 – 8 Twist heels of both feet to Right. Twist heels of both feet back to centre (weight remains on Left)

Start again
