

Super Easy

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Novice - Contra
編舞者: EWS Winson (MY) & Peggy Lwi (MY) - December 2016
音樂: It's so Easy - Showaddywaddy



Intro: □ 32 counts in (approx. 15 sec)

Note: □ This dance can also be done as a normal line dance. (For contra purpose, both partners slightly stand a bit to the left side facing each other to begin the dance.). Please note that the direction for end facing is just for reference purposes.

#1 (1-8) □ R-L-R Forward Walk, L Forward Kick, L-R-L Back Walk, R Touch □

- 1-4 Weight on LF: Step RF forward (1), step LF forward (2), step RF forward (3), kick LF forward (4) – give a 'Hi 5' to your opposite left and right partners □ 12.00
- 5-8 Step LF back (5), step RF back (6), step LF back (7), touch R toes beside LF (8) □ 12.00

#2 (9-16) □ R Rolling Vine (R) with L Touch & Clap, L Rolling Vine (L) with R Touch & Clap □

- 1-4 Turn ¼ R stepping RF forward (1), turn ½ R stepping LF back (2), turn ¼ R stepping RF to R side (3), touch L toes beside RF (4) – clap both hands □ 12.00
- 5-8 Turn ¼ L stepping LF forward (5), turn ½ L stepping RF back (6), turn ¼ L stepping LF to L side (7), touch R toes beside LF (8) – clap both hands □ 12.00

#3 (17-24) □ R-L Forward Toe Struts with Hips Bumped X4 □

- 1&2 Touch R toes forward bumping hips forward (1), recover weight on LF bumping hips backward (&), bump hips forward stepping RF in place (2) □ 12.00
- 3&4 Touch L toes forward bumping hips forward (3), recover weight on RF bumping hips backward (&), bump hips forward stepping LF in place (4) □ 12.00
- 5&6 Touch R toes forward bumping hips forward (5), recover weight on LF bumping hips backward (&), bump hips forward stepping RF in place (6) □ 12.00
- 7&8 Touch L toes forward bumping hips forward (7), recover weight on RF bumping hips backward (&), bump hips forward stepping LF in place (8) □ 12.00

At this juncture, you should be passing by your partners.

#4 (25-32) □ R Step, L Hitch & R Hand Slap, L Step, R Hitch & L Hand Slap, R Paddle ¼ (L) with Hips Rolled & Lasso X2 □

- 1-4 Step RF to R side (1), lift L knee up slapping R hand on L knee (2), step LF to L side (3), lift R knee up slapping L hand on R knee (4) □ 12.00
- 5-8 Step RF forward (5), turn ¼ L rolling hips from L to R (6), step RF forward (7), turn ¼ L rolling hips from L to R (8) - swing an imaginary lasso above your head anticlockwise with your Right hand □ 6.00

Contacts:

*1. winsonews@gmail.com

*2. peggylwim@gmail.com

Tel: 60172790733