

Slow and Easy

拍數: 32 牆數: 4 級數: Improver
編舞者: Pat Stott (UK) & Glynn Rodgers (UK) - May 2018
音樂: I Love the Way You Love Me - John Michael Montgomery



Alt. 1: I Love The Way You Love Me - Boyzone (Please note - No Restart required)

Alt. 2: Die A Happy Man - Thomas Rhett

Count in: 16 Counts, Start on Vocals

Phrasing: 1 Restart after count 24 on wall 4.

[1-8] Forward Rock, Back-Cross, Back, Shuffle ½ Turn, Pivot ¼-Cross.

- 1-2 Rock forward right, recover weight on to left foot.
&3-4 Step slightly back right (angle to 1:30), cross left over right, step back right (straighten to 12:00)
5&6 Turn ¼ left and step left to left side, close right to left, turn ¼ left and step forward left.
7&8 Step forward right, pivot ¼ left, cross right over left.

[9-16] Press, Recover, Behind-Side-Cross, Sways Right, Left, Right, Left.

- 1-2 Step left to left diagonal pressing weight on to ball of left foot bending knee slightly, recover weight on to right.
3&4 Cross left behind right, step right to right side, cross left over right.
5-6 Step right to right side swaying hips right, sway hips left.
7-8 Sway hips to right side, sway hips left.

[17-24] Cross-¼ Turn-Back, Walk Back, Coaster Step, Skates Forward.

- 1&2 Cross right over left, turn ¼ right stepping back left, step back right.**
3-4 Walk back left-right.**
5&6 Step back left, close right to left, step forward left.
7 Press weight on to ball of left foot as you slide forward with the right.
8 Press weight on to ball of right foot as you slide forward with the left.

**OPTIONAL TURN FOR COUNTS 17-20

- 1&2 Cross right over left, turn ¼ right stepping back left, turn ½ right stepping forward right.
3-4 Make ½ turn right stepping back left, step back right.

RESTART HERE ON WALL 4 FACING 9 O'CLOCK

[25-32] Forward Rock & Pivot ¼ Turn, Cross Shuffle, Side, Drag.

- 1-2& Rock forward right, recover weight on to left, close right to left.
3-4 Step forward left, pivot ¼ turn right.
5&6 Cross left over right, step right to right side, cross left over right.
7-8& Take large step to right with right foot, drag left towards right, close left to right.

ENDING

On the final wall you will dance to count 18 (Cross-¼ Turn-Back) and will be facing 12 o'clock – just pose (slowly spread arms at waist height) – Ta-dahhhhhh (Remember not to do the alternative turn on this last wall or you will be facing the back as the music ends!)