

Easier

拍數: 32 牆數: 2 級數: Improver
編舞者: Lilian Lo (HK) - July 2021
音樂: Harder - Jax Jones & Bebe Rexha



Intro: Start after 32 counts. Start with weight on L

Restart: Comes after Wall 3, Count 16

S1: R Side Rock, Cross, Side, Cross, ¼ L, Forward, ½ L, ¼ L, Side, Back Rock, Side

1&2& R rock to R side (1), Recover on L (&), R cross over L (2), L step to side (&)
3 4 R cross over L (3), Turn ¼ L stepping L fwd (4)
5&6 R step fwd (5), Turn ½ L stepping onto L (&), Turn ¼ L stepping R to R side (6)
7&8 L rock behind R (7), Recover on R (&), Turn 1/8 L stepping L to L side (8) @10:30

S2: R Fwd Rock, Recover, Back, L Back Rock, Recover, Fwd, R Tap Fwd

1&2 R rock fwd on heel (1), Recover on L (&), R step back (2)
3&4 L rock back (3), Recover on R (&), L step fwd (4)
5 6 R tap in front of L slapping hands on hips (5), Hold (6) @10:30
7&8 Continue holding (7), R close next to L on ball (&), L step fwd (8)

*** Restart after Count 8 on Wall 3.**

S3: Half Circle Walk Walk Run Run Walk, L Sweep, Cross, Side, Back Rock, L Side Tap

1 2 Turn 1/8 R stepping R fwd (1), Turn 1/8 R stepping L fwd (2) @1:30
3& Turn 1/8 R stepping R fwd (3), Step L fwd (&) @3:00
4 Turn 1/8 R stepping R fwd, turn 1/8 R sweeping L (4) @6:00
5 6 L cross over L (5), R step to R side (6)
7&8 L rock behind R (7), Recover on R (&), L tap on L side (8)

S4: Twist to L, Twist to R, L stomp next to R

1&2 Twist both heels to L (1), Twist heels to R (&), Twist heels to L (2)
3&4 Twist both heels to R (3), Twist heels to L (&), Twistl heels to R (4)
5 6 Roll R shoulder front to back (5), Roll L shoulder front to back (6)
7&8 Roll R shoulder (7), Roll L shoulder (&), Roll R shoulder stomping L next to R (8)

*** Keep knees bent from Count 1 - 7**