

Not Easy

拍數: 48 牆數: 2 級數: Phrased Intermediate
編舞者: Patricia Soran (AUT) - December 2021
音樂: Easy - Aidan Martin



Intro: 16 Counts

Phrasing: A, A, Tag 1 (8 Counts), B, Hold (1 Count), A, A, Tag 2 (2 Counts) B, B, A

PART A (16 Counts)

Section 1: Cross R, 1/2-turn right, Cross L, 3/4-turn left with hook, Sweep R, 1/2-turn left, 1/4-turn left and close, Cross R, 1/4-turn right with step back L

- 1&2& Cross RF over LF, 1/4-turn right and step back with LF, 1/4-turn right (now facing 6.00) and step to side with RF, Cross LF over RF
- 3-4 1/4-turn right (9.00) and step fwd. RF (3), 1/2-turn left (3.00), hook left leg, look back over right shoulder and snip fingers (4)
- 5-6 Step fwd. LF and sweep RF (5), 1/2-turn left (9.00) and step on RF (6)
- &7-8 1/4-turn left (6.00) and close LF to RF (&), Cross RF over LF (7), 1/4-turn right (9.00) and step back with LF (8)

Section 2: 1/2-Pique Turn right, Circle walk, Step fwd. L, 1/2-turn right, Step fwd. L, Slide R

- 1 1/2-turn right (3.00) and step fwd. on RF hitching left knee up
- 2-4 Make a 3/4-turn right in a circle with walks left-right-left (12.00)
- 5-6& Step RF fwd. (5), Close LF to RF and step RF in place - make a 1/2-turn right (6.00) with this steps (6&)
- 7-8 Step fwd. LF, Slide RF to LF

PART B (32 Counts)

Section 1: Step fwd. R diagonally, Step Turn, 1/2-Sweep-Turn, 2x Run back, Step back R, Sway, 5/8-turn right with hook, 1/4-Sweep-Turn

- 1-2& Step diagonally fwd. RF (10.30), Step fwd. with LF, 1/2-turn right and step on RF (4.30)
- 3-4& Close LF to RF, make a 1/2-turn right (10.30) and sweep RF from front to back (3), run back right-left (4&)
- 5-6& Step back with RF (5), Sway left-right (6&)
- 7-8 Step back on left and start a 5/8-turn right (9.00) and hook right leg (7), Step on RF and make 1/4-turn right (12.00), sweep left from back to front (8).

Styling on Count 8: Put left hand on back, palm facing outwards

Section 2: Hitch, Close, Point, 1/2-Spiral-Turn right, Step fwd. R, Diamond

- 1-2& Hitch left knee up (1), Close LF to RF (2), Point RF to side (&)

Styling on Count 1: Right arm straight up and look up

- 3-4 1/2-turn right (6.00) - Spiral-Turn (3), Small step fwd. with RF
- 5-6& Step LF to side, 1/8-turn right (7.30) and step back right-left
- 7-8 1/8-turn right (9.00) and step to side with RF, Weight back on LF

Section 3: Sweep, Cross L, 1/4-turn left, 1/2-turn left and sweep, Step-Turn, 1/4-turn with side step, Cross Rock, 1/4-turn left and Step fwd. L, Close and raise

- 1-2& Step fwd. RF and sweep LF (1), Cross LF (2), 1/4-turn left (6.00) and step back right
- 3-4& 1/2-turn left (12.00) and step fwd. LF and sweep RF from back to front (3), Step fwd. RF (4), 1/2-turn left (6.00) and step on LF
- 5-6& 1/4-turn left (3.00) and step RF to side (5), Cross LF over RF (6), Weight back on RF (&)
- 7-8 1/4-turn left (12.00) and step LF fwd., Close RF to LF and stand on balls

Styling for Count 8: Both arms up and look up

Section 4: Step back with Hitch L, Step back, 1/4-turn right, Jazz Box with 1/4-turn left. 3/4-Hinge-Turn, Run circle

R+L, Walk circle R+L

- 1-2& Small Step back on right hitching left knee up (1), Step back LF (2), ¼-turn right (3.00) and step side with RF (&)
- 3&4& Cross LF over RF, 1/4-turn left (12.00) and step back RF, Side step with LF, Cross RF over LF
- 5-6& Step back on left with a ¼-turn right (3.00) and continue to turn - ending at 9.00 (5), run in a circle right-left (6&)
- 7-8 Continue the circle with steps fwd. right and left - ending at 4.30

TAG 1 (8 Counts, facing 12.00): Cross R, 2x Sissor Step, Pivot Turn, 3/8-turn right

- 1-2&3 Cross RF over LF, Step LF side, Close RF, Cross LF over RF
- 4&5 Step RF to side, Close LF, Cross RF over LF
- 6-8 Step back on LF (6), ½-turn right (6.00) and step fwd. with RF (7), Step fwd. on LF and make a 3/8-turn right - ending at 10.30

TAG 2 (2 Counts, facing 6.00): Rock back R

- 1-2 Step back with RF, Weight back on LF

ENJOY!

Email: patricia.soran@linea7.com
