

Easy 2 Do

拍數: 32 牆數: 4 級數: Intermediate - NC Style
編舞者: Lee Hamilton (SCO) - June 2023
音樂: Long Way - Sarahbeth Taite : (iTunes & Amazon)



Intro: 8 Counts

Section 1 [1-8] Side R, Together, Cross R, ¼ R, Cross L, Side R, Step L 1/8 L, Back R, Step L ¼ L, Step R Toes, Step L Toes, Step R

- 1&2 Step R to R side (1), step L next to R (&), cross step R over L starting to make ¼ turn R (2)
&3 Step fwd on L (&), step fwd on R sweeping L to finish the turn facing 3:00 (3) 3:00
4& Cross step L over R (4), step R to R side (&)
5 Make 1/8 turn L stepping back on L sweeping R around from front to back (5)
6& Step back on R (6), make ¼ turn L stepping fwd on L (&) 10:30
7&8 Staying on diagonal step fwd on R (rising up onto toes) (7), step L next to R (rising up onto toes (&), step down on R next to L (8) 10:30

Section 2 [&9-16&] L Rock, Recover, Step L 1/8 R, Side R, Cross L, ¼ L, ½ L, Walk R, Walk L, Rock Fwd, Recover, ½ R, ½ R

- &1 Rock fwd on L (&), recover on R sweeping L around from front to back (1)
2&3 Make 1/8 turn R stepping L behind R (2), step R to R side (&), cross step L over R (3) 12:00
4& Make ¼ turn L stepping back on R (4), make ½ turn L stepping fwd on L (&), 3:00
5 6 Slow walk fwd R (5), slow walk fwd L (6)
7& Rock fwd on R (7), recover on L (&)
8& Make ½ turn R stepping fwd on R (8), make ½ turn R stepping back on L (&) 3:00

Section 3 [17-24&] ½ R, Cross L, Side R, Back L, Behind R, Side L, Step R 1/8 L & Hook, Back L, Step R 1/8 R, Step L 1/8 R & Hook, Back R, Step L 3/8 L

- 1 Make ½ turn R stepping fwd on R sweeping L around from back to front (1) 9:00
2& Cross step L over R (2), step R to R side (&)
3 Step back on L sweeping R around from front to back (3)
4& Step R behind L (4), step L to L side (&)
5 Make 1/8 turn L stepping fwd on R and hook L behind R knee (fig.4 position) (5) 7:30
6& Step back on L (6), make 1/8 turn R stepping R to R side (&) 9:00
7 Make 1/8 turn R stepping fwd on L and hook R behind L knee (fig.4 position) (7) 10:30
8& Step back on R (8), make 3/8 turn L stepping fwd on L (&) 6:00

RESTART HERE IN WALL 5 – see note below

Section 4 [25-32&] Step R ¼ L, Behind L, Step R ¼ R, Step L, Cross R, Side L, Back R, Back L, Rock Back, Recover, Step R, Pivot ¾ L

- 1 Make ¼ turn L stepping R to R side dragging L up to R (1) 3:00
2& Step L behind R (2), make ¼ turn R stepping fwd on R (&) 6:00
3 4& Step fwd on L sweeping R around from back to front (3), cross step R over L (4), step L to L side (&)
5 6 Step back on R sweeping L around from front to back (5), step back on L sweeping R around from front to back (6)
7&8& Rock back on R (7), recover on L (&), step fwd on R (8), make ¾ turn L (weight on L) (&) 9:00

TAG: At the end of Wall 2 facing 6:00 please add the following 16-count tag then start the dance again facing 3:00

Side R, Hold, Rock Back, Recover, Side L, Hold, Rock Back, Recover

- 1234 Step R to R side (1), hold (2), rock back on L (3), recover on R (4)
5678 Step L to L side (5), hold (6), rock back on R (7), recover on L (8)

Step R, Hold, Step L, Pivot ½ R, Step L, Hold, Step R, Pivot ¾ L

1234 Step fwd on R (1), hold (2), step fwd on L (3), make ½ turn R (weight on R) (4)

5678 Step fwd on L (5), hold (6), step fwd on R (7), make ¾ turn L (weight on L) (8)

RESTART: Wall 5 starts facing 9:00. Dance up to and including count 24& then make ¼ turn L to start the dance again facing 12:00

ENDING: To finish the dance facing 12:00 sweep and extra ½ turn R after count 1 of S3.

Have fun!

Contact: Leeh040595@icloud.com
