

Easy Duhzit

拍數: 120 牆數: 2 級數: Low Improver
編舞者: Pat Esper (USA) - March 2024
音樂: Easy Does It - Brooke Graham



[1-8]: Walk, Hold, Walk, Hold, Rumba forward, Hold

- 1-2 Step forward on the right. Hold.
- 3-4 Step forward on the left. Hold.
- 5-6 Step the right foot to the side. Step the left foot next to the right.
- 7-8 Step forward on the right foot. Hold.

[9-16]: Rumba back, Hold, Coaster step, Hold

- 1-2 Step the left foot to the side. Step the right foot next to the left.
- 3-4 Step back on the left foot. Hold.
- 5-6 Step back on the right foot. Step the left foot next to the right.
- 7-8 Step forward on the right foot. Hold.

[17-24]: Step, Lock, Step, Hold, Rock, Recover, Half turn step, Step forward

- 1-2 Step forward on the left foot. Step the right foot up behind the left.
- 3-4 Step forward on the left foot. Hold.
- 5-6 Rock forward on the right foot. Recover onto the left foot.
- 7-8 Make a half turn over the right shoulder stepping forward on the right foot. Step forward on the left foot.

Note: The restart happens here after wall 3. Also, to turn this into a fixed pattern partner dance, Counts 5-8 change to a rocking chair for the men and a step half turn, step half turn for the ladies.

[25-32]: Mambo step, Hold, Mambo step, Hold

- 1-2 Rock forward on the right foot. Recover onto the left foot.
- 3-4 Step the right foot next to the left (or slightly back). Hold.
- 5-6 Rock back on the left foot. Recover onto the right foot.
- 7-8 Step the left foot next to the right (or slightly forward). Hold

Tag: Happens at the end of the 6th full wall. See dance map

[1-8]: Side Mambo, Hold, Side Mambo, Hold

- 1-2 Rock the right foot to the side. Recover onto the left.
- 3-4 Step the right foot next to the left. Hold.
- 5-6 Rock the left foot to the side. Recover onto the right foot.
- 7-8 Step the left foot next to the right. Hold.

Notes: ** This can be done as a fixed pattern partner circle dance. The dance position is the open position (Side by side, Sweetheart, or Stroll)

When the ladies do their step half turns for counts 5-8 of the 3rd set of 8, the lead hands drop and the man raises the follow hands right above the ladies head to keep her turns in place.