

It Ain't Easy

拍數: 32 牆數: 4 級數: Low Intermediate
編舞者: Judy Rodgers (USA) - February 2025
音樂: It Ain't Easy - Teddy Swims : (Amazon.com)



#48 count intro - 2 Restarts and 1-time 'special section'

S1: Step lock & walk walk, mambo step, back turn 1/4 L

1-2& Step R fwd to right diagonal, step/lock L behind R, step R fwd
3-4 Walk fwd L, R (straighten to front)
5-6& Rock L fwd, recover R, step L slightly back
7-8 Step R back, turn 1/4 left step L to left side 9:00

S2: Cross rock, shuffle, cross turn 1/4 L, sweep/sailor step

1-2 Cross/rock R over L, recover L
3&4 Shuffle right R L R
5-6 Cross L over R, turn 1/4 left step R back 6:00
7&8 Sweep/step L behind R, step R to right side, step L to left side

***** Wall 5 starts 12:00, restarts facing 6:00

***** Wall 10 starts 6:00, dance 16 counts, then add special section (32 cnt) below, facing 12:00, then restart main dance facing 12:00

S3: Bump bump, side rock cross, turn 1/4 R touch, turn 1/2 R step

1-2 Bump R, bump L
3&4 Rock R to right side, recover L, cross R over L
5-6 Turn 1/4 right step L back, touch R toe back 9:00
7-8 Turn 1/2 right step R down, step L fwd 3:00

S4: Out out in in, kick ball point & walk walk

1-2 Step R up/out to right, step L up/out to left
3-4 Step R back in to center, step L back in to center
5&6 Kick R, step on ball of R, point L to left side
&7-8 Step L beside R, walk R, walk L

Restarts: There are 2 restarts and an extra 'special section':

Wall 5 starts facing 12:00.....dance 16 counts and restart facing 6:00

Wall 10 starts facing 6:00.....dance 16 counts, then dance special section (facing 12:00) below, then restart main dance for remaining song.

Special Section: Wall 11 is 32 count (step/dip touch, K-step... 16 beats ... repeat for total 32)

1-4 Step/sway/dip R to right, touch L beside R, step/sway/dip L to left, touch R beside L
5-8 Repeat 1-4

1-4 Step R fwd to right diagonal, touch L beside R, step L back home, touch R beside L,
5-8 Step R back to right diagonal, touch L beside R, step L back home, touch R beside L

Repeat above 16 counts, then restart the dance from the beginning till the music ends!