

Nice & Easy

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate foxtrot
編舞者: Pat Stott (UK)
音樂: Nice and Easy - Frank Sinatra



SIDE STRUT, CROSS STRUT, ROCK TO SIDE, RECOVER, BEHIND, SIDE, CROSS

1-2 Step right toe to right, lower heel
3-4 Cross left over right, lower heel
5-6 Rock right to right, recover on left
7&8 Cross right behind left, step left to left, cross right over left

SIDE STRUT, CROSS STRUT, ROCK TO SIDE, RECOVER, BEHIND, ¼ TURN, FORWARD

9-10 Step left toe to left, lower heel
11-12 Cross right over left, lower heel
13-14 Rock left to left, recover on right
15&16 Step left behind right, turn ¼ right and step forward on right, step forward on left

STEP FORWARD, ½ PIVOT, ½ TURN STEPPING BACK, KICK, LONG STEP DIAGONALLY BACK, SLOW DRAG, BALL, FORWARD, SIDE

17-18 Step forward on right, pivot ½ turn to left transferring weight to left
19-20 Turn ½ to left stepping back on right, kick left forward
21-22 Take a long step diagonally back, drag right toe towards left
&23 Step slightly back on ball of right, step forward on left
24 Step right to right

SAILOR STEP, SAILOR STEP, CROSS LEFT BEHIND RIGHT, UNWIND ¾ TO LEFT, TWIST ¼ RIGHT

25&26 Cross left behind right, step right slightly to right, step left to left
27&28 Cross right behind left, step left slightly to left, step right to right
29-31 Cross left behind right, slowly unwind ¾ to left
32 Twist both feet ¼ to right (weight ends on left)

The turn and twist on steps 29-32 should be danced smoothly

REPEAT
