

# Nice & Easy

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



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## **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**

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