

Nice & Easy

COPPER KNOB
STEPSHEETS

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
