

Ease Up

COPPER KNOB
STEPPERS

拍數: 24 牆數: 2 級數: Beginner line/contra dance
編舞者: Suzanne Borgström
音樂: Let 'Er Rip - The Chicks



RIGHT POINT, LEFT POINT KICK RIGHT TWICE, STOMP TWICE

- 1-2 Right foot points to the right, bring back right foot next to left
- 3-4 Left foot points to the left, bring back left foot next to right
- 5-6 Right foot kicks out twice
- 7-8 Stomp right foot, stomp left foot

FORWARD STEPS DIAGONALLY, GRAPEVINE RIGHT

- 1-2 Right foot steps forward diagonally to the right, stomp left foot next to right
- 3-4 Left foot steps forward diagonally to the left, stomp right foot next to left
- 5-6 Step right to right side, step left behind right
- 7-8 Step right to right side, left stomp up next to right

GRAPEVINE LEFT, STEP TURN, STEP, STOMP

- 1-2 Step left to left side, step right behind left
- 3-4 Step left to left side, right stomp up next to left
- 5-6 Step forward on the right foot, pivot ½ turn to the left
- 7-8 Step forward on left foot, stomp right foot next to left

REPEAT

This dance is danced as a contra dance, preferably in two long lines, one in front of the other. When taking the first diagonal step to the right all are standing in one line, (some looking in one direction and some in the other direction). When taking the second step diagonally to the left you now have your backs towards each other. After every wall you will have changed place with the person standing in front of you
