

拍數: 64 牆數: 4 級數:
編舞者: Lorraine Turner (AUS)
音樂: Easy - Tanya Tucker



Begin on the word "man"

½ TURN RIGHT, KICK LEFT LEG, SWIVEL ½ TURN RIGHT, KICK RIGHT LEG, TRANSFER WEIGHT TO LEFT FOOT, SHUFFLE BACK ON RIGHT, ROCK BACK ON LEFT, ROCK FORWARD ON RIGHT

- 1-2 Stepping back on right, ½ turn right, place right foot, kick left leg
3-4 Place left foot in front of right and swivel on ball of both feet, ½ turn right, transfer weight onto left foot, kick right leg
5&6 Step back on right, step left beside right, step back on right (back shuffle)
7-8 Rock back on left, rock forward on right

SHUFFLE FORWARD LEFT, MOVING BACKWARDS RIGHT 45, LEFT 45, RIGHT 45, ROCK FORWARD ON RIGHT, STEP FORWARD ON LEFT, TOUCH RIGHT TOE BEHIND LEFT

- 1&2 Step forward on left, step right beside left, step forward on left (forward left shuffle)
3& Moving backwards do a 45 with right heel, step back on right
4& Moving backwards do a 45 with left heel, step back on left
5-6 Moving backwards do a 45 with right heel, rock forward on right
7-8 Step forward on left, touch right behind left

½ TURN RIGHT, KICK LEFT LEG, SWIVEL ½ TURN RIGHT, KICK RIGHT LEG, TRANSFER WEIGHT TO LEFT FOOT, SHUFFLE BACK ON RIGHT, ROCK BACK ON LEFT, ROCK FORWARD ON RIGHT

- 1-2 Stepping back on right, ½ turn right, place right foot, kick left leg
3-4 Place left foot in front of right and swivel on ball of both feet, ½ turn right, transfer weight onto left foot, kick right leg
5&6 Step back on right, step left beside right, step back on right (back shuffle)
7-8 Rock back on left, rock forward on right

SHUFFLE FORWARD LEFT, MOVING BACKWARDS RIGHT 45, LEFT 45, RIGHT 45, ROCK FORWARD ON RIGHT, STEP FORWARD ON LEFT, TOUCH RIGHT TOE BEHIND LEFT

- 1&2 Step forward on left, step right beside left, step forward on left (forward left shuffle)
3& Moving backwards do a 45 with right heel, step back on right
4& Moving backwards do a 45 with left heel, step back on left
5-6 Moving backwards do a 45 with right heel, rock forward on right
7&8 Step forward on left, step right beside left, step forward on left (forward left shuffle)

MOVING FORWARD DO 2 KICK BALL CHANGES, ½ MONTEREY

- 1&2 Moving forward kick right foot, replace right, step left beside right (right kick ball change)
3&4 Moving forward kick right foot, replace right, step left beside right (right kick ball change)
5-8 Touch right toe to right side, turning ½ turn on ball of left step right beside left, touch left toe to left side, step left beside right (Monterey turn)

MOVING FORWARD DO 2 KICK BALL CHANGES, STEP FORWARD ON RIGHT DO FULL TURN LEFT, RIGHT SHUFFLE FORWARD

- 1&2 Moving forward kick right foot, replace right, step left beside right (right kick ball change)
3&4 Moving forward kick right foot, replace right, step left beside right (right kick ball change)
5&6 Full turn left, left-right
7&8 Step forward on right, step left beside right, step forward on right (forward right shuffle)

STEP FORWARD ON LEFT, FULL TURN RIGHT, SHUFFLE FORWARD ON LEFT, SIDE SHUFFLE RIGHT, ROCK BACK ON LEFT, ROCK FORWARD ON RIGHT

- 1&2 Full turn right, right-left
3&4 Step forward on left, step right beside left, step forward on left (forward left shuffle)
5&6 Step right to right side, step left beside right, step right to right side (right side shuffle)
7&8 Rock back on left, rock forward on right

SIDE SHUFFLE LEFT, ROCK BACK ON RIGHT, ROCK FORWARD ON LEFT, STEP RIGHT FOOT AT DIAGONAL, ROCK BACK ON LEFT, FORWARD ON RIGHT, TURN ¼ LEFT, STEP LEFT FOOT FORWARD, ROCK BACK ON RIGHT, FORWARD ON LEFT

- 1&2 Step left to left side, step right beside left, step left to left side (left side shuffle)
3-4 Rock back on right, rock forward on left
5&6 Step right foot forward diagonally, rock back on left, forward on right
7&8 Turn ¼ turn left, step left foot forward, rock back on right, forward on left

REPEAT

TAG

At the end of 3rd and 4th walls, repeat last 4 counts
