

# Ease My Troubles

COPPER KNOB  
STEPPERS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Debbie Ellis (ES) - April 2010  
音樂: Have I Told You Lately - Rod Stewart



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## Night Club Basic, Side, Behind 1/4 turn Step, Step, Pivot, Step, Full Triple Turn.

1 - 2&3      Step right long step to Right side, Rock back on Left, Recover on Right, step Left to Left side.  
4&5      Step Right behind Left, step left forward making a 1/4 turn Left, step Right forward.  
6&7      Step Left forward, Pivot 1/2 turn Right, step Left forward.  
8&1      Full triple turn forward over Left shoulder (stepping R,L,R).

## Diagonal Left Lock, Step, Pivot, Step, Diagonal Left Lock, Sway Sway.

2&3      Step Left diagonally forward (facing 1:30), lock Right behind Left, step Left diagonally forward.  
4&5      Step Right forward, Pivot 1/2 turn Left, (now facing 6:30), step Right forward.  
6&7      Step Left diagonally forward, (facing 6:30), lock Right behind Left, step left diagonally forward.  
8 - 1      Sway hips to the Right, (now facing 6:00), sway hips to the Left.

## Behind & Cross, 1/4, 1/4, Rock, Recover & Rock, Recover, 1/2 Turn, 1/4 Turn.

2&3      Step Right behind Left, step Left to Left side, cross Right over Left.  
4&5      Step Left back making a 1/4 turn Right, step Right to side making a 1/4 turn Right, cross rock Left over Right.  
6&7      Recover on Right, step Left to Left side, cross rock Right over Left.  
8&1      Recover on Left, Make a 1/2 turn Right stepping forward on Right, make a 1/4 turn Right stepping Left to side.

## Behind, Turn, Step, Mambo 1/4 Turn, Cross Rock, Side Rock, Back Rock.

2&3      Step Right behind Left, step Left forward making a 1/4 turn Left, step Right forward.  
4&5      Rock Left forward, Recover on Right, step Left to Left side making a 1/4 turn Left.  
6&      Cross rock Right over Left, Recover on Left.  
7&      Rock Right to Right side, Recover on Left.  
8&      Rock Right behind Left, Recover on Left.

Ready to start dance stepping to Right side on count 1.

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