Not That Easy

拍數: 32

級數: Intermediate

編舞者: Nicky Tan (MY) - July 2010

音樂: Mei Na Mo Jian Dan - Huang Xiao Hu

Intro : 8 counts from the heavy beat or start on vocal Na Mo Jian Dan

Rock forward, Recover, Step back, Sweep back, Sweep back, Recover, Forward R coaster

- 123 Rock forward Right, recover on Left, step back on Right
- &4&5 Sweep Left from front to back, weight on Left, sweep Right from front to back, weight on Right
- 6 Recover on Left
- 7&8 Step right forward, step Left beside right, step back on Right

Back, Turn ½ right, Pivot ½ right, Walk diagonally RLR, Cross rock, Recover

- 12 Step back on Left, turn 1/2 right and step forward on Right (6.00)
- 3&4 Step forward on Left, pivot 1/2 turn on Right, step forward on Left (12.00)
- 5&6 Walk diagonally to the Right, RLR
- 78 Cross Left over right, recover on Right

Sway Lt & Rt, Weave to Left, Sway Lt&Rt, Sailor 1/2 turn

- 12 Sway hip to Left, sway hip to Right
- &3&4 Recover weight to Left, step Right behind left, step Left to the left, cross Right over left
- 56 Sway hip to Left, sway hip to Right
- 7&8 Sailor ¹/₂ turn to the Left (6.00)

Side, Cross rock, Step, Cross rock, Step, Rock back, Step, Rock back, Step

- 1 Step Right to the right
- 2&3 Cross rock Left over right, recover on Right, step Left to the left
- 4&5 Cross rock Right over left, recover on Left, step Right to the right
- 6&7 Rock back on Left, recover on Right, step Left to the left
- 8& Rock back on Right, recover on Left

Restart

On wall 5 (12.00), dance until 12 counts & restart

On wall 9 (6.00), dance until 8 counts plus & count (transfer weight to left), restart

Step sheet drafted and posted by : Mayeeleeyy





牆數:2