

It's Never Easy

拍數: 48 牆數: 4 級數: Intermediate - waltz
編舞者: Helena Jeppsson (SWE) - March 2012
音樂: Easy (feat. Natasha Bedingfield) - Rascal Flatts



NOTE: There are 2 restarts in the dance, the first makes the dance turn to face the other 2 walls (3 o'clock/9 o'clock) and the second restart turn the dance back to the original 2 walls

L twinkle, coaster step

1, 2, 3 Step left foot across right foot, step right foot to right side, step left foot fwd on left diagonal
4, 5, 6 Step right foot back (4.30), step left foot beside right, step right foot fwd (10.30)

3/8 arch walk, full spin with sweep

1, 2, 3 Walk left, right, left in an arch making a 3/8 turn left (end facing 6.00 and left foot in front of right)
4, 5, 6 Make a full spin right on left foot on count 4, 5 and sweep right foot front to back on count 6

Twinkle back x2

1, 2, 3 Step right foot behind left, step left foot to left side, recover weight onto right
4, 5, 6 Step left foot behind right, step right foot to right side, recover weight onto left

Behind, side fwd, fwd, side, back

1, 2, 3 Step right foot behind left, step left foot to side, step right foot fwd on left diagonal (4.30)
4, 5, 6 Step left foot fwd (4.30), make an 1/8 turn left stepping right foot to side (facing 3.00), step left foot back on right diagonal (facing 1.30)

Back, side lunge, step, collect

1, 2, 3 Step back on right foot, make an 1/8 turn left stepping left foot to side, bending left knee
4, 5, 6 Straighten left knee, step right foot to right side, drag left beside right

1/4 turn L with basic fwd, basic back

1, 2, 3 Make a 1/4 turn left stepping fwd on left foot, step right beside left, step left beside right
4, 5, 6 Step back on right foot, step left beside right, step right beside left (facing 9.00)

Wall 3: First restart and you are now dancing towards 9 o'clock

Step, sweep x2

1, 2, 3 Step fwd on left foot, sweep right from back to front over 2 counts
4, 5, 6 Step fwd on right foot, sweep left from back to front over 2 counts

Wall 6: Second restart has turned you back and you are now dancing towards 6 o'clock

Cross, 1/4 turn L, step back, R basic back

1, 2, 3 Step left foot in front of right, make a 1/4 turn left stepping back on right, step back on left
4, 5, 6 Step back on right foot, step left foot beside right, step right foot beside left (facing 6.00)