

Easy For Girls

COPPERKNOB
BY STEPHENETS

拍數: 72 牆數: 2
編舞者: Séverine Fillion (FR) - May 2012
音樂: It's Easy For Girls - Abbey Powell

級數: Intermediate / Advanced - polka



Intro : 20 counts AB AB A*A* B AB Tag A*A* B Final

PART A - 8 counts

[1-8] STOMP FWD, HOLD x 3, STEP 1/2 TURN x 2, STOMP, HOLD

1-4 Stomp right fwd, Hold x 3

At walls 3 & 5 (at 12:00), dance 2 x A* : Counts 1-4 modified : Stomp Right fwd, Hold, Stomp R fwd, Hold

5&6& Left step fwd, ½ turn right, left step fwd, ½ turn right

7-8 Stomp left next to right, Hold

PART B - 64 counts

[1-8] KICK BALL CROSS, TOUCH, KICK, COASTER STEP, CROSS, SIDE POINT

Turn your body diagonally right (at 1:30)

1&2 Kick right diagonally right fwd, right ball next to left, left cross over right

3-4 Touch right next to left, Kick right diagonally right fwd

5&6 Right step back, left next to right, right step fwd

7-8 Left cross over right, touch right toe to right side (body facing 12 :00)

[9-16] SAILOR SHUFFLE, SCUFF, BRUSH BACK, STOMP, HOLD

1&2 Right cross over left, left to left, right heel diagonally right fwd

&3 Right step slightly back, left cross over right

&4 Right step to right side, left heel diagonally left fwd

&5 Left step next to right, Scuff right fwd

6 Brush right backward

7-8 Stomp right next to left, Hold

[17-24] KICK BALL CROSS, TOUCH, KICK, COASTER STEP, CROSS, SIDE POINT

Turn your body diagonally left (at 11:30)

1&2 Kick left diagonally left fwd, left ball next to right, right cross over left

3-4 Touch left next to right, Kick left diagonally left fwd

5&6 Left step back, right next to left, left step fwd

7-8 Right cross over left, touch left toe to left side (body facing 12 :00)

[25-32] SAILOR SHUFFLE, SCUFF, BRUSH BACK, STOMP, HOLD

1&2 Left cross over right, right to right, left heel diagonally left fwd

&3 Left step slightly back, right cross over left

&4 Left to left side, right heel diagonally right fwd

&5 Right step next to left, Scuff left fwd

6 Brush left backward

7-8 Stomp left next to right, Hold

[33-40] SYNCOPATED SPLITS, APPLEJACKS

&1 Right to right, left to left (OUT OUT)

&2 Recover on right to the center, left next to right (IN IN)

&3 Right to right, left to left (OUT OUT)

&4 Recover on right to the center, left next to right (IN IN)

5-8 Applejacks

[41-48] STOMP FWD, ½ TURN, FULL TURN LEFT, KICK BALL HEEL & TOE TOUCH BACK x 2,

1-2 Stomp right fwd, ½ turn left 6 :00
3-4 ½ turn left stepping right back, ½ turn left stepping left fwd
5&6 Kick right fwd, right step next to left, left heel diagonally left fwd
&7-8 Recover on left (&), Touch right toe cross behind left x 2

[49-56] 1/4 TURN & SHUFFLE FWD, 1/2 TURN, 1/4 TURN, CROSS ROCK FWD, SIDE SHUFFLE

1&2 ¼ turn right & Shuffle right left right fwd 9 :00
3-4 ½ turn right stepping left back, ¼ turn right stepping right to right side 6 :00
5-6 Rock step left cross over right, recover on right
7&8 Shuffle left right left to left side

[57-64] HEEL HOOK HEEL FLICK 1/4 T, STOMP, HOLD, SWIVETS, SWIVET R 1/4 TURN, HOOK

1&2 Right heel fwd, Hook right cross over left leg, right heel fwd
&3 Flick right diagonally right back with ¼ turn left, Stomp right to right side 3 :00
4 Hold
5& Swivet right (swivel right toe to right & left heel to left), recover to the center
6& Swivet left (swivel left toe to left & right heel to right), recover to the center * Final
7 Swivet right with ¼ turn right (ending weight on left) 6 :00
8 Hook right cross over left leg

TAG : At the end of wall 4 (at 12 :00) : Rocking chair

1-4 Rock step right fwd (on heel), recover on left, rock step right back, recover on left

FINAL : At the end of wall 5 on count 62 (at 3 :00), turn ¼ left with the Swivet left to finish facing (weight on left)

63-64 Small right step fwd, small left step fwd
1-2 Full Turn fwd to left (Right – Left)
3-4 Walks fwd Right Left
5-6 Right step fwd, ½ turn left
7-8 Right step fwd, ½ turn left

Enjoy !!

Thanks for the music suggestion to Franck Boucheraud, Talent Buyer for the Country Bike Festival, Tours France

Choreography danced to Voghera Festival (2012) with the French-Italian Team!
