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| --- | --- |
| Nice & Easy |  |

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| **Count:** | 32 | **Wall:** | 4 | **Level:** | Intermediate foxtrot | . |
| **Choreographer:** | Pat Stott (UK) | | | | |
| **Music:** | Nice and Easy - Frank Sinatra | | | | |
| . | | | | | | |

**SIDE STRUT, CROSS STRUT, ROCK TO SIDE, RECOVER, BEHIND, SIDE, CROSS**

|  |  |
| --- | --- |
| 1-2 | Step right toe to right, lower heel |

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| --- | --- |
| 3-4 | Cross left over right, lower heel |

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| --- | --- |
| 5-6 | Rock right to right, recover on left |

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| --- | --- |
| 7&8 | Cross right behind left, step left to left, cross right over left |

**SIDE STRUT, CROSS STRUT, ROCK TO SIDE, RECOVER, BEHIND, ¼ TURN, FORWARD**

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| --- | --- |
| 9-10 | Step left toe to left, lower heel |

|  |  |
| --- | --- |
| 11-12 | Cross right over left, lower heel |

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| --- | --- |
| 13-14 | Rock left to left, recover on right |

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| --- | --- |
| 15&16 | Step left behind right, turn ¼ right and step forward on right, step forward on left |

**STEP FORWARD, ½ PIVOT, ½ TURN STEPPING BACK, KICK, LONG STEP DIAGONALLY BACK, SLOW DRAG, BALL, FORWARD, SIDE**

|  |  |
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| 17-18 | Step forward on right, pivot ½ turn to left transferring weight to left |

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| --- | --- |
| 19-20 | Turn ½ to left stepping back on right, kick left forward |

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| --- | --- |
| 21-22 | Take a long step diagonally back, drag right toe towards left |

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| --- | --- |
| &23 | Step slightly back on ball of right, step forward on left |

|  |  |
| --- | --- |
| 24 | Step right to right |

**SAILOR STEP, SAILOR STEP, CROSS LEFT BEHIND RIGHT, UNWIND ¾ TO LEFT, TWIST ¼ RIGHT**

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| --- | --- |
| 25&26 | Cross left behind right, step right slightly to right, step left to left |

|  |  |
| --- | --- |
| 27&28 | Cross right behind left, step left slightly to left, step right to right |

|  |  |
| --- | --- |
| 29-31 | Cross left behind right, slowly unwind ¾ to left |

|  |  |
| --- | --- |
| 32 | Twist both feet ¼ to right (weight ends on left) |

**The turn and twist on steps 29-32 should be danced smoothly**

**REPEAT**