S'easy

Ebene: Beginner

Choreograf/in: William Sevone (UK) - April 2001

Musik: Young Love - Twister Alley : (CD: Twister Alley)

Choreographers note:- Ideal for Beginners or as a general 'warm up' dance for all levels. And, if you know the words then enjoy a sing-a-long to it.

Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'. Dance start's after the 16 count intro on the word '...sav..'. Feet slightly apart, weight on right foot.

*2x Cross-Side-Sailor (12:00).

Count: 24

- 1 2 Cross left over right. Step right to right side.
- 3& 4 (Turning body to left) Step left behind right, step right next to left, step left to left side.
- 5 6 Cross right foot over left. Step left to left side.
- 7& 8 (Turning body to right) Step right behind left, step left next to right, step right to right side.

Shuffle. Rock. 1/2 Right. 2x Heel Switches (6:00)

- 9& 10 Shuffle forward stepping: L.R-L
- 11 12 Rock forward onto right. Recover onto left.
- 13 14 Turn 1/2 right & step forward onto right. Touch left heel forward
- &15 Step left next to right, Touch right heel forward
- &16 Step right next to left. Touch left heel forward.

Toe Touch. Fwd. Shuffle. Rock. Recover. Back. 1/4 Side (9:00)

- 17 18 Touch left toe to the outside of right. Step forward onto left fott
- 19& 20 Shuffle forward stepping: R.L-R..
- 21 22 Rock forward onto left. Recover onto right.
- 22 24 Step backward onto left. Turn ¼ right & step right to right side.

Other suggested music:

Lorrie Morgan - \Box \Box Back in your arm's again \Box (116 bpm)

Billy Ray Cyrus - Ain't your dog no more (120 bpm)

Aaron Tippin or Billy Swann - \Box I can help \Box \Box \Box (120 bpm)

Regina Regina \Box - \Box Right plan, wrong man \Box \Box (120 bpm)

Dean Miller - \Box \Box \Box \Box feel bad \Box \Box \Box \Box (122 bpm)

Tanya Tucker - Some kind of trouble (120 bpm)

James House $-\Box\Box\Box$ A real good way to wind up lonesome \Box (124 bpm)

Dan Seals - Bop (124 bpm)

Trisha Yearwood - XXX's and OOO's (an American girl) (126 bpm)

Ricky Lynn Gregg - \Box Three nickels and a dime \Box (134 bpm)

Tanya Tucker - \Box \Box It's a little too late \Box \Box (142 bpm)

Last Update 29th May 2016





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