# 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





Wand: 4