Easily Contented

Count: 112

Ebene: Phrased Improver

Choreograf/in: Tan Candy (SG) - July 2012

Musik: Wo De Yao Qiu Bing Bu Gao (我的要求並不高) - Tian Xiang (天翔)

This dance is specially choreographed for Mr Ricky Chow to accompany a singing performance in July 2012.

Start after 16 counts - Sequence: (Intro, A, Tag 1, B, Tag 2) x2, C, Intro, Pose

Introduction (32 counts)

Section 1: Forward Toe Struts x2, Pivot ¼ Turn x2

- 1 2 3 4Touch R fwd, drop R heel taking weight, touch L fwd, drop L heel taking weight5 6 7 8Step forward on R, pivot ¼ turn L taking weight on L (9:00), repeat count 5-6 (6:00)
- Section 2: Repeat Section 1 (12:00)

Section 3: Weave, Jazz Box

- 1 2 3 4 Cross R over L, step L to L side, cross R behind L, step L to L side
- 5 6 7 8 Cross R over L, step back on L, step back on R, cross L over R

Section 4: Diagonal Touch, Coaster Step, Hold

1 2Step R to R diagonal (1:30), touch L fwd3 4 5Step back on L, step R beside L, step fwd on L squaring off to face 12:006&7 8Hold, raise R hand (&), raise L hand (7), cross R hand over L hand with palms on chest (8)

A (32 counts ? 2): You are dancing a 32-count 1-wall dance two times.

Section 1: Side Touch x2, Side Together Side Touch

- 1 2 3 4 Step R to R side, touch L beside R, step L to L side, touch R beside L
- 5 6 7 8 Step R to R side, step L beside R, step R to R side, touch L beside R

Section 2: Repeat Section 1 With L Lead

Section 3: Forward Mambo, Hold, Back Mambo, Hold

- 1 2 3 4 Rock fwd on R, recover weight on L, step back on R, hold
- 5 6 7 8 Rock back on L, recover weight on R, step fwd on L, hold

Section 4: ¼ Turn Walk Hold x2, Walk x4 Making ½ Turn

- 1 2 3 4 Step fwd on R making ¼ turn R (3:00), hold, step fwd on L making ¼ turn R (6:00), hold
- 5 6 7 8 Walk RLRL making ¹/₂ turn R ending with L beside R (12:00)
- B (32 counts ? 2): You are dancing a 32-count 1-wall dance two times.
- Section 1: Lindy R, Lindy L
- 1&2 3 4 Step R to R side, step L beside R, step R to R side, rock L behind R, recover weight on R
- 5&6 7 8 Repeat count 1-4 with L lead

Section 2: (Step Toe Strut, Cross Toe Strut) x2

1 2 3 4Touch R to R side, drop R heel taking weight, cross touch L over R, drop L heel taking weight5 6 7 8Repeat count 1-4

Section 3: (Scissor Step, Hold) x2

- 1 2 3 4 Step R to R side, step L beside R, cross R over L, hold
- 5 6 7 8 Repeat count 1-4 with L lead

Section 4: Rocking Chair, Side With Hip Bumps, Side Flick





Wand: 1

Ebene: Pr

- 1 2 3 4 Rock fwd on R, recover weight on L, rock back on R, recover weight on L
- 5&6 7 8 Step R to R side and bump hips RLR, step L to L side, flick R behind L

Tag 1 (4 counts)

- Side With Hip Bumps, Side, Flick
- 1&2 3 4 Step R to R side and bump hips RLR, step L to L side, flick R behind L

Tag 2 (8 counts)

Back Toe Struts ?4

1 2 3 4Touch R back, drop heel taking weight, touch L back, drop heel taking weight5 6 7 8Repeat count 1-4

C (32 counts + 8 counts + 8 counts) Count 1-32 of Section B + Tag 2 + Count 25-32 of Section B

Pose (1 count)

Touch R to R side and raise L hand with R hand on R hip

Contact: http://www.candy6jan.weebly.com/