Be Easy

拍数: 32   **墙数:** 4   **级数:** Beginner

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音乐: Be Easy - Timeflies

Walk Fwd R, L, R, L, R V Step (Out, Out, In, In)

1234	Walk fwd R (1), L (2), R (3), L (4)
5678	Step R foot Forward to 1:30 (5), step L forward to 10:30 (6), step R back and in (7), step L back next to R and shift weight to L (8)

***Bounce/Sit while Walking Back R, Hold, L, Hold, R, Hold, L, Hold

1&23&4	R step back to 4:30 and bend knees to "sit" (1), straighten up (&), bend knees to "sit" (2), L Step back to 7:30 and bend knees to "sit" (3), straighten up (&), bend knees to "sit" (4)
5&67&8	R step back to 4:30 and bend knees to "sit" (1), straighten up (&), bend knees to "sit" (2), L Step back to 7:30 and bend knees to "sit" (3), straighten up (&), bend knees to "sit" (4)

R Grapevine, L Point Out, In, Out, In

1234	Step R to R side, cross L behind R, step R to R side, touch L next to R
5678	Point L to L side, touch L next to R, toint L to L side, touch L next to R

L Grapevine, 1/8 Pivots to the Left (x2)

1234	Step L to L side, cross R behind L, step L to L side, touch R next to L
5678	R small step fwd, turn 1/8 to the left and shift weight to L, R small step fwd, turn 1/8 to the left and shift weight to L (9:00)

Start again!

***For ultra beginners, replace the 2nd eight count (bounce/sit) with diagonal step touches moving backwards:

1234	R step back to 4:30 (1), touch L next to R (2), L step back to 7:30 (3), touch R to L (4)
5678	R step back to 4:30 (1), touch L next to R (2), L step back to 7:30 (3), touch R to L (4)