Go Easy

拍数: 16	墙数: 4	级数: Improver

编舞者: Tim Gauci (AUS) - February 2022

音乐: Easy On Me - Adele : (iTunes)

Other Information I hope you enjoy this easy dance to Adele's Easy On Me, this is especially for our easier classes and fits really well to the song (I always tell my classes that I 'Go Easy' on them!□)

Begin dance 16 beats in on the lyrics – there ain't no gold, start on the word 'no'.

[1-8] FWD/SWEEP, FWD/SWEEP, CROSS, SIDE, BEHIND/SWEEP, BEHIND, SIDE, CROSS/SWEEP/HITCH, CROSS, SIDE, CROSS, SIDE

123&4	Step R fwd and slightly over L sweeping L from back to front, step L fwd and slightly over R sweeping R from back to front, cross R over L, step L to L (&), step R behind L sweeping L from front to back 12:00
5&67&8&	Step L behind R, step R to R (&), cross L over R sweeping R from back to front hitching the R knee, cross R over L, step L to L (&), cross R over L, step L to L (&) 12:00

[9-16] CROSS, ROCK, SIDE, CROSS, ROCK, ¼, FWD, PIVOT ½, FWD, ½, ½, TOG (OR RUN RLRL)

12&34&	Cross R over L, rock weight back onto L, step R to R (&), cross L over R, rock weight back onto R, making ¼ turn L step L fwd (&) 9:00
567&8&	Step R fwd, pivot ½ turn L, step R fwd, making ½ turn R step L back (&), making ½ turn R step R fwd, step L tog (&) – alternate steps run fwd RLRL 3:00

[16] Beats Repeat dance in new direction

Long Tag: Add the long tag once at the end of wall 2 facing 6:00 wall, restart dance at 12:00 wall
[1-8] FWD, ROCK, TOG, BACK, ROCK, TOG, STEP, STEP, PIVOT ½, STEP, ½, ½

12&34&	Step R fwd, rock weight back onto L, step R tog (&), step L back, rock weight fwd onto R, step L tog (&) 6:00
56&78&	Step R fwd, step L fwd, pivot ½ R (&), step L fwd, making ½ turn L step R back, making ½ turn L step L fwd (&)– alternate steps run fwd RL 12:00

Short Tag: Add the short tag at the end of walls 7 and 11 both facing 3:00 wall
[1-4] FWD, ROCK, TOG, BACK, ROCK, TOG

12&34&	Step R fwd, rock weight back onto L, step R tog (&), step L back, rock weight fwd onto R, step L tog (&) 3:00

Dance finishes neatly facing front.
Enjoy