Easy Beat



编舞者: Runa (DK) - August 2023 音乐: All Eyes On Me - Skinny Beats



Intro: 16 count

RESTARTS: -

Wall 3 after 20 count facing 6:00 Wall 7 after 20 count facing 6:00

TAG: After wall 4 facing 9:00 = Repeat S4.

S1. Kick-Ball-Cross, side-rock, recover, cross-shuffle, chassé

1&2	Kick R fwd, step R beside L, cross L over R
1 X /	KICK R TWO STED R DESIDE I CLOSS I OVER R
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3-4 Rock R to R side, recover on L

Cross R over L, step L to L side, cross R over L
Step L to L side, step R beside L, step L to L side

S2. Back-rock, recover, Lindy R, chassé

4 0	D 1 1 D 1
1-2	Rock back on R. recover on L

3&4 Step R to R side, step L beside R, step R to R side

5-6 Rock back on L, recover on R

7&8 Step L to L side, step R beside L, step L to L side

S3. Hip-bump to L, hip-bump to R, hip-bump twise to L, (fwd shuffle) x 2 (R+L)

1-2	Bump hips to L	(weight on L), bun	np hips to the R	(weight on R)

3-4 Bump hips twise to L (weight on L)
5&6 Step R fwd, step L beside R, step R fwd
7&8 Step L fwd, step R beside L, step L fwd

S4. Step 1/4 pivot (with hip moves) x 3, ball-side, touch

(9:00)

3-4 Step fwd on R and push your hips fwd, make a ¼ turn L taking weight on L pushing hips back

(6:00)

5-6 Step fwd on R and push your hips fwd, make a ¼ turn L taking weight on L pushing hips back

(3:00)

&7-8 Step R beside L, step L to L side, touch R beside L

ENDING: Last wall 13 starts facing 9:00. Dance the first 3 count and recover on L ¼ turn R to face 12:00. Step R to R side to end the dance.