

Nice And Easy

拍数: 32 墙数: 4 级数: Beginner
编舞者: Nancy Morgan (USA)
音乐: Rough & Ready - Trace Adkins



HEEL SPLIT, TAP RIGHT HEEL, TAP LEFT HEEL, HEEL, CROSS

- 1-2 Split both heel apart and back together
- 3-4 Tap right heel forward and return
- 5-6 Tap left heel forward and return
- 7-8 Tap right heel forward, bring right knee up (like a hitch) between knee and waist

STEP-TOGETHER-STEP-BRUSH, STEP-TOGETHER-STEP-BRUSH (ON DIAGONALS)

- 1-2-3-4 Step right foot forward and towards 2:00, put left next to right, step right foot forward and towards 2:00, brush left foot slightly forward
- 5-6-7-8 Step left foot forward and towards 10:00, put right next to left, step left foot forward and towards 10:00, brush right foot slightly forward

STEP BACK-TOGETHER/CLAP, STEP BACK-TOGETHER/CLAP, VINE RIGHT, BRUSH

- 1-2 Step back on right and towards 5:00, put left next to right as you clap
- 3-4 Step back on left and towards 7:00, put right next to left as you clap
- 5-6-7-8 Vine right - step right foot to right side and slightly forward, step left behind right, step right to right side, brush left foot forward

VINE LEFT WITH ¼ TURN BRUSH, STEP BACK 3 STEPS, STOMP

- 1-2-3-4 Vine left with ¼ turn - step left foot to left side and slightly forward, step right behind left, step left foot forward as you turn ¼ turn to your left, brush right foot slightly forward
- 5-6-7-8 Walk back - right, left, right, stomp left next to right

REPEAT
