

Easy Does It

COPPER KNOB
STEPSHEETS

拍数: 16
编舞者: Cato Larsen (NOR)
音乐: The Anthem - NG3

墙数: 4

级数: Beginner



WALK FORWARD, MAMBO ROCK, POINT, ¼ TURN, HEAD TURN, TOGETHER, SIDE

- 1-2 Step forward on right, step forward on left
- 3&4 Step forward on right, rock (recover) back onto left, step back on right
- 5-6 Point left toe back, pivot body (not the head) ¼ turn left
- 7&8 Turn head ¼ turn left, step right beside of left, step left to left side

BACK, TAP, FORWARD, OUT, PUNCH ARMS FORWARD, PELVIC THRUSTS

- 1-2 Step back on right, tap left toe to floor in front
- Arms: punch left arm straight forward, sweep right arm over your head as if you are combing your hair with your fingers**
- 3-4 Step forward on left, step right slightly to right side
 - 5-6 Reach forward with left arm, reach forward with right arm (as if you were grabbing the hips to the person in front of you)
 - 7-8 Push hips forward & back twice

REPEAT
