Ease My Troubles

拍数: 32   **墙数:** 4   **级数:** Intermediate

编舞者: Debbie Ellis (ES) - April 2010

音乐: Have I Told You Lately - Rod Stewart

Night Club Basic, Side, Behind 1/4 turn Step, Step, Pivot, Step, Full Triple Turn.

1 - 2&3	Step right long step to Right side, Rock back on Left, Recover on Right, step Left to Left side.
4&5	Step Right behind Left, step left forward making a 1/4 turn Left, step Right forward.
6&7	Step Left forward, Pivot 1/2 turn Right, step Left forward.
8&1	Full triple turn forward over Left shoulder (stepping R,L,R).

Diagonal Left Lock, Step, Pivot,Step, Diagonal Left Lock, Sway Sway.

2&3	Step Left diagonally forward (facing 1:30), lock Right behind Left, step Left diagonally forward.
4&5	Step Right forward, Pivot 1/2 turn Left, (now facing 6:30), step Right forward.
6&7	Step Left diagonally forward, (facing 6:30), lock Right behind Left, step left diagonally forward.
8 - 1	Sway hips to the Right, (now facing 6:00), sway hips to the Left.

Behind & Cross, 1/4, 1/4, Rock, Recover & Rock , Recover, 1/2 Turn, 1/4 Turn.

2&3	Step Right behind Left, step Left to Left side, cross Right over Left.
4&5	Step Left back making a 1/4 turn Right, step Right to side making a 1/4 turn Right, cross rock Left over Right.
6&7	Recover on Right,step Left to Left side, cross rock Right over Left.
8&1	Recover on Left, Make a 1/2 turn Right stepping forward on Right, make a 1/4 turn Right stepping Left to side.

Behind, Turn, Step, Mambo 1/4 Turn, Cross Rock, Side Rock, Back Rock.

2&3	Step Right behind Left, step Left forward making a 1/4 turn Left, step Right forward.
4&5	Rock Left forward, Recover on Right, step Left to Left side making a 1/4 turn Left.
6&	Cross rock Right over Left, Recover on Left.
7&	Rock Right to Right side, Recover on Left.
8&	Rock Right behind Left, Recover on Left.

Ready to start dance stepping to Right side on count 1.