It's Easy



编舞者: Bob Rosenkrans (USA) - May 2014 音乐: Every Little Thing - Jennifer Nettles



FORWARD WALKS, BACK WALKS

step forward with the R, L, R & end touching L beside R
step back with the L, R, L & end touching R beside L

VINE RIGHT, VINE LEFT 1/4 LEFT

1-4 vine R starting with R foot, scuff on 4

5-8 vine L with 1/4 turn to L starting with L foot, scuff on 8

SLIDE RIGHT HEEL BUMP, SLIDE LEFT HEEL BUMP

slide R foot to R, slide L foot to meet R, heels apart, heels together
slide L foot to L, slide R foot to meet L, heels apart, heels together

HIP MOVEMENTS WITH HOLDS, TO HIP MOVEMENTS

1-4 move R hip, hold, then move L hip, hold

5-8 move R hip, move L hip, move R hip, move L hip (R is free)

REPEAT - HAVE FUN !!!