

Easy Sunday

拍數: 32 牆數: 4 級數: Intermediate NC2S
編舞者: John "Growler" Rowell (UK) - September 2008
音樂: Easy - The Commodores : (CD: Motown Gold -70's plus various other albums)



Intro: 16 counts / 14 seconds – Just before vocals

Rotation: CCW

Numbers in square brackets [] indicate facing wall and turn rotation. Start facing [12]

(1-9) Step Right-Back Rock-Recover, Step Left-Cross Behind. Sweep Behind-Side-Front, Rock-Recover-Quarter-Cross.

1-2& (1)Step right to right, (2)rock back on left, (&)recover on left. [12]
3-4& (3)Step left to left, (4)cross right behind left, (&)sweep left from front to back. [12]
5&6 (5)Cross left behind right, (&)step right to right, (6)step left forward. [12]
7-8 (7)Rock forward on right, (8)recover on left. [12]
&1 (&)Turn quarter right stepping right to right [CW], (1)cross left over right. [3]

(10-16) Step Right-Back Rock-Recover-Quarter, Cross-Unwind Three Quarters, Sweep Behind-Side-Front.

2-3 (2)Step right to right, (3)rock back on left. [3]
&4 (&)Recover on right, (4)turn quarter left, stepping forward on left. [CCW, 12]
5-6& (5)Cross right over left, (6)unwind three quarter turn left [CCW] (&)sweep left from front to back. [3]
7&8 (7)Cross left behind right, (&)step right to right, (8)cross left in front of right. [3]

(17-25) Step-Pivot Three Quarters, Side-Behind-Side, Cross. Right Coaster Cross, Three Step Turn Left.

1-2 (1)Step forward right, (2)pivot three quarter turn left. [CCW, 6]
3&4-5 (3)Step right to right, (&)cross left behind left, (4)step right to right, (5)Cross left over right. [6]
6&7 (6)Step back right, (&)step left next to right, (7)cross right over left. [6]
8& (8)Turn quarter left stepping left forward [CCW], (&)turn half left stepping back on right. [CCW, 9]
1 (1)Turn quarter left stepping left to left side. [CCW, 6]

(26-32) Back Rock-Recover-Quarter, Step-Half Pivot-Half Turn. Back-Lock-Step, Step To Left.

2&3 (2)Rock back on right, (&)recover on left, (3)turn quarter right stepping right forward. [CW, 9]
4& (4)Step forward left, (&)pivot half turn right. [CW, 3]
5 (5)On ball of right pivot half turn right stepping back on left. [CW, 9]
6&7 (6)Step right back on right diagonal, (&)lock left over right, (7)step right back on right diagonal. [9]
8 (8)Step left to left. [9]

Start again.....with a BIG smile

Tag #1 End of wall 1 [facing 9]

Tag #2 End of wall 3 [facing 3]

Tag #3 End of wall 5 [facing 9]

Tag #1 & #2

1-2& (1) Step right to right, (2)cross rock left in front of right, (&)recover on right.
3-4& (3)Step left to left, (2)cross rock right in front of left, (&)recover on left.

Tag #3

1-2 (1)Cross right over left, (2)step left to left.

