

# Easily Contented

**COPPER** KNOB  
STEPSHEETS

拍數: 112      牆數: 1      級數: Phrased Improver  
編舞者: Tan Candy (SG) - July 2012  
音樂: Wo De Yao Qiu Bing Bu Gao (我的要求並不高) - Tian Xiang (天翔)



This dance is specially choreographed for Mr Ricky Chow to accompany a singing performance in July 2012.

Start after 16 counts - Sequence: (Intro, A, Tag 1, B, Tag 2) x2, C, Intro, Pose

## Introduction (32 counts)

### Section 1: Forward Toe Struts x2, Pivot ¼ Turn x2

1 2 3 4      Touch R fwd, drop R heel taking weight, touch L fwd, drop L heel taking weight  
5 6 7 8      Step forward on R, pivot ¼ turn L taking weight on L (9:00), repeat count 5-6 (6:00)

### Section 2: Repeat Section 1 (12:00)

### Section 3: Weave, Jazz Box

1 2 3 4      Cross R over L, step L to L side, cross R behind L, step L to L side  
5 6 7 8      Cross R over L, step back on L, step back on R, cross L over R

### Section 4: Diagonal Touch, Coaster Step, Hold

1 2      Step R to R diagonal (1:30), touch L fwd  
3 4 5      Step back on L, step R beside L, step fwd on L squaring off to face 12:00  
6&7 8      Hold, raise R hand (&), raise L hand (7), cross R hand over L hand with palms on chest (8)

**A (32 counts ? 2): You are dancing a 32-count 1-wall dance two times.**

### Section 1: Side Touch x2, Side Together Side Touch

1 2 3 4      Step R to R side, touch L beside R, step L to L side, touch R beside L  
5 6 7 8      Step R to R side, step L beside R, step R to R side, touch L beside R

### Section 2: Repeat Section 1 With L Lead

### Section 3: Forward Mambo, Hold, Back Mambo, Hold

1 2 3 4      Rock fwd on R, recover weight on L, step back on R, hold  
5 6 7 8      Rock back on L, recover weight on R, step fwd on L, hold

### Section 4: ¼ Turn Walk Hold x2, Walk x4 Making ½ Turn

1 2 3 4      Step fwd on R making ¼ turn R (3:00), hold, step fwd on L making ¼ turn R (6:00), hold  
5 6 7 8      Walk RLRL making ½ turn R ending with L beside R (12:00)

**B (32 counts ? 2): You are dancing a 32-count 1-wall dance two times.**

### Section 1: Lindy R, Lindy L

1&2 3 4      Step R to R side, step L beside R, step R to R side, rock L behind R, recover weight on R  
5&6 7 8      Repeat count 1-4 with L lead

### Section 2: (Step Toe Strut, Cross Toe Strut) x2

1 2 3 4      Touch R to R side, drop R heel taking weight, cross touch L over R, drop L heel taking weight  
5 6 7 8      Repeat count 1-4

### Section 3: (Scissor Step, Hold) x2

1 2 3 4      Step R to R side, step L beside R, cross R over L, hold  
5 6 7 8      Repeat count 1-4 with L lead

### Section 4: Rocking Chair, Side With Hip Bumps, Side Flick

1 2 3 4      Rock fwd on R, recover weight on L, rock back on R, recover weight on L  
5&6 7 8      Step R to R side and bump hips RLR, step L to L side, flick R behind L

**Tag 1 (4 counts)**

**Side With Hip Bumps, Side, Flick**

1&2 3 4      Step R to R side and bump hips RLR, step L to L side, flick R behind L

**Tag 2 (8 counts)**

**Back Toe Struts ?4**

1 2 3 4      Touch R back, drop heel taking weight, touch L back, drop heel taking weight  
5 6 7 8      Repeat count 1-4

**C (32 counts + 8 counts + 8 counts)**

Count 1-32 of Section B + Tag 2 + Count 25-32 of Section B

**Pose (1 count)**

Touch R to R side and raise L hand with R hand on R hip

Contact: <http://www.candy6jan.weebly.com/>

---