It's Easy

級數: Beginner

編舞者: Bob Rosenkrans (USA) - May 2014

音樂: Every Little Thing - Jennifer Nettles

FORWARD WALKS, BACK WALKS

拍數: 32

- 1-4 step forward with the R, L, R & end touching L beside R
- 5-8 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

- 1-4 slide R foot to R, slide L foot to meet R, heels apart, heels together
- 5-8 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 !!!





牆數:4

4