

NICE N EASY FOXTROT

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Music: Nice N Easy by Jack Hansen & His Orchestra
From the CD album This Is Ballroom Dancing
Available from iTunes Music Downloads

Rhythm/Phase: Foxtrot Phase V

Music Speed: As downloaded

Footwork: Opposite throughout directions for M (and for W where noted).

Sequence: Introduction A B A (9-16) C D Ending

..... INTRODUCTION (8 Measures)

CP DLC W/ LEAD FEET FREE WAIT 2 MEAS;; DIAMOND TURN;;; TELEMARK SEMI;
PKUP SD CL;

[1 & 2] In clsd pos DLC w/ lead feet free wait 2 measures;; [3 - 6] Fwd L trng lf on diag, -, continue lf turn sd R, bk L with partner outside M in CBMP; Staying in CBMP & trng lf bk R, -, sd L, fwd R outside partner in CBMP; Fwd L trng lf on diag, -, sd R, bk L with partner outside M in CBMP; Bk R continue lf turn, -, sd L, fwd R in CBMP DLC; [7] Fwd L commence to turn lf, -, sd R continue lf turn, sd & slightly fwd L end tight semi-clsd pos; (W bk R commence to turn left bringing left beside right w/ no weight, -, turn lf on right heel [heel turn] and chng weight to L, sd & slightly fwd R end tight semi-clsd pos;)
[8] Twd LOD thru R picking up W to clsd pos, -, sd L, cl R;

..... PART A (16 Measures)

CURVING THREE-STEP; BK CURVING THREE-STEP; THREE-STEP; NATURAL
TELEMARK; CROSS HOVER SEMI; WEAVE 6 BJO;; MANUV; BK HOVER TELEMARK;
IN & OUT RUNS;; THRU FC CL; LEFT TURNING BOX;;;;

[1] Fwd L commence to turn lf, -, fwd R passing well under the body w/ right side stretch continue lf turn, with right side stretch banking into the curve fwd L well under the body; [2] Bk R commence to turn lf, -, bk L passing well under body w/ left side stretch continue lf turn, with left side stretch banking into the curve bk R well under the body; [3] Twd LOD and DLW fwd L, -, fwd R, fwd L; [4] Fwd R commence to turn rf, -, sd L with left side stretch [1/4 rf turn between steps 1 & 2], continue rf turn sd & fwd R small step [1/2 rf turn between steps 2 & 3] end sdcap pos DLW; (W bk L commence to turn rf, -, cl R to left heel turn w/ right side stretch trng 3/8 rf between steps 1 & 2, staying well into M's right arm continue rf turn sd & slightly bk L [3/8 rf turn between steps 2 & 3];) [5] XLIF of right, -, sd R with slight rise commence left turn, rec fwd L twd LOD to semi-clsd pos; [6 & 7] Fwd R DLC, -, fwd L commence lf turn, continue turn sd & slightly bk R to fc DRC; Bk R line of dance lead W to step outside to CBMP, -, bk R continue lf turn, sd & fwd L DLW bjo pos preparing to step outside partner; [8] Commence rf turn fwd R, -, continue rf turn to fc partner sd L, complete turn cl R; [9] Commence rf upper body turn bk L, -, sd & fwd R continuing turn rising slightly [hovering] with body trng up to 3/8 rf, sd & fwd L small step on toe to semi-clsd pos; [10 & 11] Fwd R starting rf turn, -, sd & bk L DLW to clsd pos, bk R to bjo pos; Using CBM bk L trng rf, -, sd & fwd R between W's feet continuing rf turn, fwd L to semi-clsd pos; [12] Twd LOD thru R, -, sd L trng to fc partner & wall, cl R to left; [13 - 16] Fwd L commence lf upper body turn, -, fwd & sd R complete 1/4 turn, cl L; Bk R commence lf upper body turn, -, bk & sd L complete 1/4 turn, cl R; Repeat measures 13 & 14 ending clsd pos fcng wall;;

..... PART B (8 Measures)

CLSD HOVER; BOX FINISH; THREE-STEP; FWD & RUN 2; TELEMARK SEMI;
NATURAL HOVER FALLAWAY; SLIP PIVOT BJO; MANUV;

[1] In clsd pos fcng wall fwd L, -, sd & fwd R with slight rise, rec bk L; [2] Bk R commence slight lf turn, -, sd L continue slight turn end fcng LOD, cl R; [3] Fwd L, -, fwd R, fwd L; [4] Fwd R, -, fwd L, fwd R; [5] Same as measure 7 of Introduction; [6] Fwd R with slight rf body turn, -, fwd L on toe trng rf w/ slow rise, rec R; [7] Bk L, -, bk R commence lf turn keeping left leg extended, fwd L bjo pos DLW; (W bk R commence lf pivot on ball of foot thighs locked left leg extended, -, fwd L complete lf turn placing left foot near M's right foot, bk R;)
[8] Same as measure 8 of Part A;

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..... PART C (16 Measures)

TWIRL VINE; PKUP SD CL; THREE-STEP; NATURAL HOVER CROSS CHKNG;; TO A TOP SPIN; CHNG OF DIRECTION; DIP & REC; TELEMAR SEMI; NATURAL HOVER FALLAWAY; DOUBLE BK LILT; WEAWE ENDING; WHISK; WING; TELEMAR SEMI; THRU FC CL;

[1] With partners fcng & M's left and W's right hands joined step sd L, -, XRIB of left, sd L; (W sd & fwd R trng 1/2 rf under joined lead hands, -, sd & bk L trng 1/2 rf, sd R;) [2] Twd LOD thru R picking up W to clsd pos, -, sd L, cl R; [3] Fwd L, -, fwd R, fwd L; [4 & 5] Fwd R step thru partner commence to turn rf, -, sd L with left side stretch [1/4 rf turn between steps 1 & 2], continue rf turn sd R [1/2 rf turn between steps 2 & 3 body turns less fcng DLC]; With right side stretch fwd L outside partner in CBMP on toe, rec R w/ slight left side lead, sd & fwd L, with left side stretch fwd R outside partner in CBMP on toe chkng forward progress; (W bk L commence to turn rf, -, cl R to left heel turn w/ right side stretch trng rf 3/8 between steps 1 & 2, continue rf turn sd L [3/8 rf turn between steps 2 & 3] to clsd pos; With left side stretch bk R in CBMP on toe, rec L w/ slight right side lead, sd & bk R, with right side stretch bk L in CBMP chkng;) [6] With weight on ball of R spin lf keeping left leg extended back [1/8 lf turn between preceding step & step 1] bk L in CBMP, bk R trng 1/8 lf between steps 1 & 2, with left side stretch sd & slightly fwd L [1/4 lf turn between steps 2 & 3 body turns less], with left side stretch fwd R in CBMP outside partner slightly DLW; [7] Fwd L, -, fwd R DLW w/ right shldr lead trng lf blnd clsd pos, draw L to right; [8] Dip bk L, -, rec fwd R, -; [9] Same as measure 5 of Part B; [10] Same as measure 6 of Part B; [11] In semi-clsd pos bk L, cl R with slight rising action, bk L, cl R with slight rising action; [12] With right side stretch bk L begin to lead W to CBMP, bk R commence lf turn, sd & fwd L preparing to step outside partner, fwd R in CBMP outside partner DLW; [13] Fwd L to clsd pos, -, fwd & sd R commencing rise to ball of foot, XLIB of right end in tight semi-clsd pos; [14] Fwd R, -, draw L twd right, tch L to right trng upper body lf with left side stretch; (W fwd L begin to cross in front of M commence turn slightly lf, -, fwd R around M continue to turn slightly lf, fwd L around M complete slight lf turn to end in tight sdcap pos;) [15] Same as measure 7 of Introduction; [16] Twd LOD thru R, -, sd L trng to fc partner, cl R to left;

..... PART D (8 Measures)

TWISTY VINE; MANUV; IMPETUS SEMI; FWD HOVER BJO; BK HOVER SEMI; PKUP SD CL; 2 LEFT TURNS FC LOD;;

[1] Commence slight rf upper body turn sd & bk L, -, XRIB of left, commence slight lf upper body turn sd & fwd L bjo pos DLW; [2] Same as measure 8 of Part A; [3] Commence rf upper body turn bk L, -, cl R to left heel turn continue rf turn usually a total of about 3/8 turn, complete turn fwd L end tight semi-clsd pos; [4] Fwd R, -, fwd L w/ slight rise, rec bk L bjo pos; (W fwd L, -, sd & fwd R w/ slight lf turn twd RLOD, rec fwd L bjo pos fcng RLOD;) [5] Bk L, -, bk & sd R w/ slight rf body rotation, rec fwd L semi-clsd pos; (W fwd R, -, fwd & sd L slight rf body rotation, rec fwd R semi-clsd pos;) [6] Twd LOD thru R picking up W to clsd pos, -, sd L, cl R; [7 & 8] Fwd L commence lf upper body turn, -, continue turn up to 1/2 sd & bk R, cl L; Bk R commence lf upper body turn, -, continue turn up to 1/2 sd & fwd L, complete turn fc LOD cl R;

..... ENDING (8 Measures)

DIAMOND TURN;;;; TELEMAR SEMI; THRU FC CL; TWIRL VINE; THRU, APART, POINT;

[1 - 4] Same as measures 3 thru 6 of Introduction;;;; [5] Same as measure 7 of Introduction; [6] Same as measure 16 of Part C; [7] Same as measure 1 of Part C; [8] Twd LOD step thru R, step apart L, point R twd partner, -;