

Easily Contented

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Count: 112

Wall: 1

Level: Phrased Beginner / Intermediate

Choreographer: Tan Candy (Singapore) July 2012

Music: Wo De Yao Qiu Bing Bu Gao by Alex

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/>

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=88135