

EASY DANCING

(Record Titled: Calahan)

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Record: TNT 150

ROUNDALAB Phase Rating: II

Rhythm: Two Step

Footwork: Opposite. Woman's instructions in parentheses

Speed: 45rpm or slow to suit

Dance Sequence: Intro - AB - C - AB - Ending

Date: June, 1998

INTRODUCTION

Meas.

1 - 4 **(BFLY/WL) WAIT 2 MEAS.; HITCH APT 3: SCIS THRU: (OPN/LOD)**

1-2 Facing partner & wall in butterfly position wait two measures::

3-4 Bk L. cls R. fwd L. -; Sd R. cls L. xRif (W xLif). -; (OPN/LOD)

PART A

1 - 6 **OPN PROG BOX:: 2 FWD 2 STPS:: FWD, LK, FWD TWICE::**

1-3 Sd L. cls R. fwd L. -; Sd R. cls L. fwd R. -; Fwd L. cls R. fwd L. -;

4-6 Fwd R. cls L. fwd R. -; Fwd L. xRibl. fwd L. -; Fwd R. xLibr. fwd R. -;

7 - 8 **CIRC AWY 2 STP: CIRC TOG 2 STP; (OPN/LOD)**

7 Fwd L commencing LF tm twd coh (W RF tm twd wl), cls R. fwd L. -;

8 Fwd R tmng LF twds ptr & wl (W fwd L tmng RF twds ptr & coh). cls L. fwd R continuing LF tm. -; (OPN/LOD)

9 - 14 **OPN PROG BOX:: 2 FWD 2 STPS:: FWD, LK, FWD TWICE::**

9-14 Repeat meas 1 - 6. Part A

15 - 16 **CIRC AWY 2 STP: CIRC TOG 2 STP; (CP/WL)**

15-16 Repeat meas 7 - 8. Part A to (CP/WL)

PART B

1 - 8 **TRAVELING BOX:::: CIRC CHASE:::: (CP/WL)**

1-2 Sd L. cls R. fwd L. RSCP. -; Fwd R. -; fwd L. -; (CP/WL)

3-4 Sd R. cls L. bk R. SCP. -; Fwd L. -; fwd R. -; (SCP/LOD)

5 Fwd L commencing LF tm twd coh (W follows man). cls R. fwd L. -;

6-7 Fwd R. cls L. fwd R. -; Trng LF twd wl (M follows woman) Fwd L. cls R. fwd L. -;

8 Fwd R. cls L. fwd R. -; (CP/WL) (W fwd L. cls R. fwd L. trng LF. -;)
(Note: 2nd time through to BFLY/WL)

PART C

1 - 4 **SCIS SCAR: SCIS BJO: WHEEL 6::; (CP/COH)**

1-4 Sd L. cls R. xLif (W xRib). -; Sd R. cls L. xRif (W xLib). -; Fwd L commencing RF tm. cls R. fwd L. -; Fwd R. cls L. fwd R. -; (CP/COH)

5 - 8 **CIRC BOX:: M's CIRC BOX:: (CP/COH)**

5-8 Sd L. cls R. fwd L. -; Sd R. cls L. bk R. -; (W circ RF undr jnd lead lnds fwd R. cls L. fwd R to fc ptr. -; Fwd L. cls R. fwd L. -;) Undr jnd lead lnds M circ LF fwd L. cls R. fwd L to fc ptr. -; Fwd R. cls L. fwd R. -; (W Sd R. cls L. fwd R. -; Sd L. cls R. bk L. -;)

9 - 12 **SCIS SCAR: SCIS BJO: WHEEL 6::; (CP/WL)**

9-12 Repeat meas 1-4. Part C (CP/WL)

13 - 16 **CIRC BOX:: M's CIRC BOX:: (OPN/LOD)**

13-16 Repeat meas 5-8. Part C (OPN/LOD)

ENDING

1 - 4 **HITCH APT 3: SCIS THRU: (BFLY/WL) 2 SD CLS:**

LUNGE SD & TWIST:(LOOK RLOD)

1-2 Bk L. cls R. fwd L. -; Sd R. cls L. xRif (W xLif). -; (BFLY/WL)

3-4 Sd L. cls R. sd L. cls R; Sd L lowering into knee. -; twist to RSCP by rotating body & feet RF (W rotates LF). -; Look RLOD