

EASY PEASY

Choreographed by: L Cook & J Nellestyn (Canada) 2008

Music: Pineapple Song (CD: After The Sunset Soundtrack)

Description: 32 count phrased - (ABABBABCBA) 2 wall Upper Beginner

Optional: hand movements/shimmy on 32 count tag

A

Right forward kick, mambo back (modified), left forward kick, mambo back. (modified)

- 1-2 Kick forward with right, step down right beside left.
- 3-4 Rock back on left, recover weight to right. (hips moving)
- 5-6 Kick forward with left, step down left beside right.
- 7-8 Rock back right, recover weight to left. (hips moving)

Right side kick, step behind, step side, step behind, left side kick, left ½ turn sweep, rock step.

- 1-2 Kick side with right, step down right behind left.
- 3-4 Step left to left side, step down right behind left.
- 5-6 Kick side with left, sweep left foot turning ½ to left stepping down on left. (weight ends on left)
- 7-8 Rock back on right, recover on left.

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- 7-8 Rock back on right, recover on left.

B

Heel lock, heel touch, touch back, hold, drop heel, hold.

- 1-2 Heel forward on right, lock left behind right heel.
- 3-4 Heel forward on right, touch left toe behind right heel.
- 5-6 Touch left toe straight back, hold.
- 7-8 Drop left heel (flatten foot), hold.

Step together, pivot ½ turn right, heel pumps, hip bumps.

- &1-2 Step down right beside left, step forward with left foot, pivot ½ turn to the right. (weight ends on left-right knee is popped)
- 3&4 Drop right heel, raise right heel, drop right heel, raise right heel.
- 5-6 Push hips forward (dropping right heel) push hips back. (weight on left)
- 7-8 Push hips back, push hips forward. (ending with weight on right)

Heel lock, heel touch, touch back, hold, drop heel, hold.

- 1-2 Heel forward on left, lock right behind left heel.
- 3-4 Heel forward on left, touch right toe behind left heel.
- 5-6 Touch right toe straight back, hold.
- 7-8 Drop right heel (flatten foot), hold.

Step together, pivot ½ turn left, heel pumps, hip bumps.

&1-2 Step down left beside right, step forward with right foot, pivot ½ turn to the left (weight ends on right-left knee is popped)

3&4& Drop left heel, raise left heel, drop left heel, raise left heel.

5-6 Push hips forward (dropping left heel) push hips back. (weight on right)

7-8 Push hips back, push hips forward. (ending with weight on left)

C

Right side kick, step behind, step side, step behind, left side kick, step behind, step side, step behind.

1-2 Kick side with right, step down right behind left.

3-4 Left step side left, step down right behind left.

5-6 kick side with left, step down left behind right.

7-8 Right step side right, step down left behind right.

Step forward, hold, pivot ½ turn, hold, step forward, hold, pivot ½ turn hold.

1-2 Step forward on right, hold.

3-4 Pivot ½ turn left, (with weight on left) hold.

5-6 Step forward on right, hold.

7-8 Pivot ½ turn left, (with weight on left) hold.

Jump forward, hold x2 (optional: hands brush shoulders on holds-R brushes L/L brush R)

Jump back x 4 (optional: shoulder shimmies - when jumping back)

&1-2 Jump forward stepping right/left, (feet slightly apart), hold.

&3-4 Jump forward stepping right/left, (feet slightly apart), hold.

&5&6 Jump back stepping right/left (feet slightly apart, repeat

&7&8 Jump back stepping right/left (feet slightly apart, repeat (ending with weight on left)