

NICE AND EASY

Bill & Carol Goss
858-638-0164

CD: Classic Sinatra Track 20
Foxtrot, Phase VI

INTRO, A, B, C, INTER, B, C, ENDING

10965 Sunny Mesa Rd. San Diego, CA 92121

gossbc@san.rr.com

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INTRO

1-4 WAIT;; CROSS SWVLS; CHECK, RECOV, REV UNDERARM IN 2,;

1-2 {Wait} Wait 2 meas in low BFLY SCAR fc DRC lead ft free;;
SS 3-4 {Cross Swvls} In SCAR fwd L, swvl LF to BJO, fwd R, swvl RF
QQQQ to SCAR; {Chk Recov Rev Underarm} Ck fwd L in SCAR,
recov R start RF trn lift lead arms, bk L trn RF, fwd R blend to
CP DW (W ck bk R, recov L start LF trn under arm, bk R fin trn,
bk L);

PART A

1-4 3-STEP; NAT HOVER CROSS;; ZIG ZAG HEEL PULL;

SQQ 1-3 {3-Step} Fwd L,-, fwd R with heel lead, fwd L;
SQQ {Nat Hover Cross} Fwd R start RF trn,-, sd L with L sd stretch
QQQQ trn ¼ RF btwn 1 and 2, cont RF trn sd R ½ between 2 and 3 body
trns less fcng DLC; with R sd stretch fwd L in CBMP SCAR on
toe, recov R with slight L sd lead, sd & fwd L, with L sd stretch
fwd R in CBMP in BJO DC (W bk L,-, cl R for heel trn, cont RF
trn sd & bk L; bk R in CBMP, recov L, sd & bk R, bk L in
CBMP);
QQQQ 4 {Zig Zag Heel Pull} Fwd L start LF trn, sd R fc DCR, bk L start
RF trn, cl R to L end CP DC with R sd stretch (W sd L with open
head);

5-8 TRAVELING CONTRA CHECK; OPEN IN & OUT RUNS;; PK-UP LK;

SQQ 5-7 {Traveling Contra Check} Fwd L with contra body motion
SQQ upper body turned L,-, cl R to L rising to toes trning body RF,
SQQ fwd L in SCP DW; {Open In & Out Runs} Blend to ½ OP fwd
R start RF trn to XIF of W,-, sd L across W, fwd R in ½ LOP
look at ptr (W fwd L,-, fwd R, fwd L); Fwd L,-, fwd R, fwd L
look at ptr in ½ OP (W fwd R start RF trn to XIF of M,-, sd L
across M, fwd R in ½ OP);
SQQ 8 {Pick-up Lk} Fwd R begin to fold W in front,-, sd & fwd L trn
body LF to pick-up W, lk RIB of L (W fwd L fold IF of M,-, sd &
bk R, lk LIF of R);

9-12 REV WAVE;; BK LILT FEATH 4; WEAWE 4 ENDING;

SQQ 9-10 {Rev Wave} Fwd L comm LF body trn,-, strong body trn sd R,
SQQ bk L fc DRC (W bk R comm LF body trn,-, cl L to R heel trn,

- fwd R in CP); bk R,-, bk L comm LF curve, bk R curve LF to end RLOD CP (W fwd L,-, fwd R heel lead, fwd L);
- S&S& 11-12 **{Qk Lilt Bk Feather}** Bk L with rise to ball of ft,-/bk R blending
 QQQQ to BJO lowering, bk L with rise to ball of ft in BJO,-/ bk R lowering in BJO; **{Weave 4 ending}** Bk L in BJO, bk R trn body LF & trn W to CP, sd & fwd L, fwd R in BJO DW;
- 13-16 HOVER TELEMAR; OPEN NAT BOLERO; RUNAROUND;:**
- SQQ 13-14 **{Hover Tele}** Fwd L,-, sd & fwd R rising with RF body trn ¼,
 SQQ fwd L to SCP DW; **{Open Nat Bolero Arms}** Start RF upper body trn fwd R,-, sd L XIF of W, cont RF body trn bk R in BJO fc RLOD R arm arnd W's waist L arm to sd (W fwd L,-, fwd R, fwd L R arm cupped over M's L shoulder L arm to sd);
- SQ&Q 15-16 **{Runaround}** Start like an outside spin in CBMP prepare to lead
 QQQQ W in BJO trn body RF almost close L to R trn 3/8 to the R,-, start runaround fwd R in BJO/ fwd L, fwd R; fwd L, fwd R, fwd L with extra body trn to SCAR, fwd R in SCAR paso doble armhold (W fwd R,-, fwd L/fwd R, fwd L; fwd R, fwd L, fwd R, sd L);

PART B

1-4 CHK DEVELOPE; LADY ROLL SD BY SD TRANS; FRONT VINE 4; CROSS SWVLS;

- S- 1-2 **{Ck Develope}** Strong fwd L with R sd stretch (W bk R look twd
 S-Q wall,-, as lift L leg up and out in develope),-; **{Lady Roll Trans}**
 (W SQQ) Bk R cause W to come past you and wait for her to be sd by sd,, take a small sd step L in OP fc wall (W recov fwd L start LF roll,-, bk R cont roll, sd L to OP fc wall);
- QQQQ 3-4 **{Front Vine}** Same footwork XRIF of L, sd L, XRIB of L, sd L;
 SS **{Cross Swvls}** XRIF of L, swvl RF keep upper body fcng wall, XLIF of R, swv LF keep upper body fcng wall;

5-8 CHK RONDE TRIPLE CHK; LIFT SPIN., SD LUNGE.; SOLO HOVER BRUSH; CHAIR SLIP LADY ROLL TRANS;

- QQQ&Q 5-6 **{Chk Ronde Triple Chk}** Letting go of joined hnds same
 -S footwork XRIF of L chking, recov L ronde R CCW, XRIB of L/ sd L, XRIF of L chking; **{Lift Spin Sd Lunge}** In pl lift to the toe of R ft bring arms XIF of chest and bring L leg up sd of R knee bent to spin 360° LF,-, sd L twd LOD twist body LF to fc LOD & bring arms out to sd both look wall,-; (Option: Rather than spinning just freeze in cross chk then lunge and twist)
- S-Q 7-8 **{Solo Hover Brush}** Same footwork recov R trning body RF,-,
 SQQ brush L to R, fwd L; **{Chair & Slip Trans}** Chk thru R with
 (W QQQQ) lunge action,-, recov L, with slgt LF upper body trn slip R behind L cont trn to fc DC in CP (W chk thru R with lunge action, bk L, bk R with LF body trn, cont LF body trn to slip fwd L to CP bring L arm up and over M's head);

PART C**1-4 REV TRN;; 3-STEP; CONTINUOUS HOVER CROSS:**

- SQQ 1-2 {**Rev Trn**} Fwd L start LF body trn,-, sd R cont trn, bk L CP; bk
SQQ R cont LF trn,-, sd & fwd L DW, fwd R BJO (W bk R,-, cl L to R
heel trn, fwd R; fwd L,-, sd & bk R, bk L);
- SQQ 3-4 {**3-Step**} Fwd L,-, fwd R with heel lead, fwd L; {**Start Cont**
SQQ **Hover Cross**} Fwd R DW start RF trn,-, cont trn sd L with L sd
stretch, with strong RF trn on L small step R DW fcng DC; fwd
L across R to SCAR with R sd stretch, cl R to L, bk L in BJO, bk
R to CP (W bk L start RF trn,-, cl R to L heel trn, sd & bk L to
CP; bk R to SCAR, sd L to CP, fwd R to BJO, fwd L to CP);

5-8 CONT HOVER CROSS;.. LEFT PIVOT.; THROWAWAY; LINK:

- QQQQ 5-6 {**Cont Hover Cross**} Sd & fwd L with L sd lead and left sd
QQQQ stretch, fwd R in BJO DC, {**Left Pivot**} Fwd L start LF trn, sd R
arnd W (W bk R, cl L to R heel trn);
- S- 7-8 {**Throwaway**} Bk L stay low trn body strongly to the L end R leg
-QQ bk with L sd stretch (W fwd R under the M trn LF bring L leg to
pt bk head well left); {**Link**} Keep body sway draw R to L as trn
body RF,-, cl R to L rise, chg to R sd stretch fwd L in SCP;

INTERLUDE**1-6 CURVED FEATH; BK FEATH; BK CHASSE; OPEN TWINKLE;
TWISTY VINE 8;;**

- SQQ 1-2 {**Curve Feath**} Fwd R start RF trn,-, with L sd stretch cont RF trn
SQQ sd & fwd L, cont upper body trn fwd R to BJO DW (W fwd L,-,
sd R, bk L); {**Bk Feath**} Bk L,-, bk R chg to R sd stretch, bk L;
- SQ&Q 3-4 {**Bk Chasse**} Bk R trn LF,-, sd L/ cl R to L, sd L end BJO DW;
SQQ {**Open Twinkle**} Fwd R start RF body trn,-, sd L with rise cont
trn, fwd R in SCAR fc DRW;
- QQQQ 5-6 {**Twisty Vine 8**} Fwd L in SCAR, sd R fc wall, bk L in BJO, sd R
QQQQ fc wall; fwd L in SCAR, sd R fc wall, bk L in BJO, sd R fc wall
blend to paso doble armhold;

REPEAT B
REPEAT C

ENDING**1-4 FEATH LADY ROLL LEFT 4 TO SKATERS; CROSS PTS; CROSS CHECK OK OPEN FEATH; OPEN REV TRN;**

- SQQ 1-2 {Feath Roll Trans} Fwd R let go of arms,-, fwd L, fwd R to
(W QQQQ) skaters (W fwd L start LF roll, sd R cont roll, sd L cont roll, fwd
SS R); {Cross Pts} Same footwork XLIF of R, pt R trn LF, XRIF of
L, pt L trn RF;
- QQQQ 3-4 {Cross Chk Qk Open Feath} XLIF of R, recov R, sd L, fwd &
SQQ across R fc DC; {Open Rev Trn} Fwd L with LF trn,-, sd R stay
behind W, bk L fc RLOD;

5-8 BK CROSS PTS; OPEN REV TRN; CIRCLE 4 WITH SNAPS;;

- SS 5-6 {Bk Cross Pts} XRIB of L, pt L trn LF, XLIB of R, pt R trn RF;
SQQ {Open Rev Trn} Bk R trn LF,-, sd L stay behind W, fwd R fc
LOD;
- SS 7-8 {Circle 4 With Snaps} Drop hnds to both circle LF fwd L, snap
SS fingers of L (W R) hnd, cont circle fwd R, snap; circle fwd L,
snap, fwd R bk to skaters LOD,-;

9-12 WALK 2; CROSS PTS; CROSS CHECK OK OPEN FEATH; OPEN REV TRN;

- SS 9-10 {Walk 2} In skaters same footwork walk L,-, R,-;
SS {Cross Pts} Same footwork XLIF of R, pt R trn LF, XRIF of L,
pt L trn RF;
- QQQQ 11-12 {Cross Chk Qk Open Feath} XLIF of R, recov R, sd L, fwd &
SQQ across R fc DC; {Open Rev Trn} Fwd L with LF trn,-, sd R stay
behind W, bk L fc RLOD;

13-16 BK CROSS PTS; OPEN REV TRN; CIRCLE 2 WITH SNAPS; TRN TO SIT LINE AND SNAP;

- SS 13-14 {Bk Cross Pts} XRIB of L, pt L trn LF, XLIB of R, pt R trn RF;
SQQ {Open Rev Trn } Bk R trn LF,-, sd L stay behind W, fwd R fc
LOD;
- SS 15-16 {Circle 2 With Snaps} Drop hnds to both circle LF fwd L, snap
QQS fingers of L (W R) hnd, cont circle fwd R, snap;{Trn to Sit Line
and Snap} Circle fwd L, trn to step sd & bk R, sit bk in R lady in
front of M to his R press L foot fwd, M snap (W bring R hnd up
to neck elbow slightly fwd);