

NICE AND EASY (corrected copy)

Composers: Chuck & Barbara Jobe, 3091 Brixton Dr. West, Springfield, OH 45503
Music: Capitol - Classic Sinatra CD; Track 20; #5 235022; Contact Choreographers 937-399-2379
Footwork: Opposite - directions for M, unless otherwise noted (W) **email:** rdancejobe@global.net
Sequence: INTRO, A, B, A - MODIFIED, B, A, C
Phase: IV+2 [Hinge, Top Spin] **Speed:** as on CD Released: April 2003

INTRO

- 1 - 4 WAIT 1 MEAS IN CUDDLE POS; SWAY LEFT & RIGHT; DRIFT APT; LF ROLL;**
1 - 2 [Cuddle Pos; Sway L & R] both arms arnd W's back on sldr blades (arms on M's shldr) wait 1 Meas; sd sway L & R;
3 - [Drift Apt] ld hnds joined step in pl L,-, R, L (bk R,-, L, R) to drift apt;
4 - [LF Roll] adjusting to lady fwd R,-, L, R (fwd L comm LF roll,-, cont roll R, L) to CP/LOD;

PART A

- 1 - 8 THREE STEP; NAT'L TRN 1/2; SPIN TRN; FEATHER FINISH; TRN L & R CHASSE; BACK & CHASSE (OUTSD UNDERARM TRN); FWD DEVELOPE; BFLY HINGE;**
1 - [Three Step] fwd L,-, fwd R, fwd L passing stps;
2 - [Nat'l Trn One Half] comm RF body trn fwd R,-, sd L, bk R (heel trn) DRC;
3 - [Spin Trn] bk L pivoting one half RF to fc LOD,-, fwd R between W's feet, sd & bk L;
4 - [Feather Finish] bk R trng LF,-, sd & fwd L, fwd R to BJO;
5 - [Trn L & R Chasse] fwd L commence LF trn,-, fwd R/cl L, sd R to BJO/DRC;
6 - [Bk Chasse (Sync Undarm Trn)] bk L trng RF,-, sd & fwd R/cl L, sd & fwd R trng W RF und ld arm (comm RF trn und M's L arm fwd R,-, L/R, L) to BFLY/SDCR/DW;
7 - [Develope] fwd L ckg (bk R to ball of ft,-, bring L up R leg to outsd of R knee, ext L ft fwd);
8 - [Bfly Hinge] bk R trng LF,-, sd L sharp LF trn, lower into L knee trn body LF shaping twd lady (fwd L trng LF,-, fwd & sd R trng LF, XLIB lower into L knee extend R fwd) to fc DLW;
9 -16 HOVER EXIT; PROMENADE WEAVE;; FWD R LUNGE; REC, LUNGE, REC; FEATHER FINISH; REVERSE TRN;;
9 - [Hover exit] hold while W rec, rec on R rising to SCP, brush L to R, fwd L (fwd R,-, sd & bk L trng RF rising to SCP brush R to L, fwd R);
10 -11 [Promenade Weave] fwd R,-, fwd L trng LF to CP, sd & slightly bk on R to BJO/DRC; bk L DLC, bk R trng body LF & trng W to CP, sd & slightly fwd L, fwd R to BJO/DW;
12 SS [Fwd R Lunge] fwd L,-, flex L knee move sd & onto R kping L sd in twd ptrn & as weight is taken on R flex R knee & make slight LF body trn & lk at ptrn,-;
13 SQQ [Rec Lunge Rec] rec L,-, flex L knee move sd & onto R kping L sd in twd ptrn & as weight is taken on R flex R knee & make slight LF body trn & lk at ptrn, rec L;
14 - [Feather Finish] rep Meas 4 PART A;
15 -16 [Reverse Trn] fwd L starting LF body trn,-, sd R cont trn (heel trn), bk L to CP; bk R cont LF trn,-, sd & fwd L, fwd R to BJO/DC;

PART B

- 1 - 8 OPEN REV TRN; OUTSD CK; TWO QK OUTSIDE SWIVELS; TOP SPIN; THREE STEP; NAT'L TRN 1/2; HESIT CHG; RF ROLL, WALK TWO; ***
1 - [Rev trn] fwd L starting LF body trn,-, sd R cont trn (heel trn), bk L to Bjo;
2 - [Outside Check] bk R trng LF,-, sd & fwd L, ck fwd R to Bjo/DRW;
3 - [Outsd Swivs] bk L, XRIF of L no wgt, fwd R (fwd R, swiv RF to SCP, fwd L, swiv LF) to BJO;
4 - [Top Spin] spin LF on R (L) keep L ext bk cont spin bk L, bk R, sd & fwd L, fwd R to LOD;
5 - 6 [Three Step] rep Meas 1 Part A; [Nat'l Trn 1/2] rep Meas 2 Part A;
7 - [Hesitation Change] comm RF upper body trn bk L,-, sd R cont trn, draw L To R to CP/LOD;
8 - * [RF Roll] fwd L, R, L, R to CP (RF roll R, L to CP, bk R, L); *(may double roll in 4 to CP)

PART A MODIFIED

1 - 14 REPEAT PART A - 1 THRU 12;;;;;;;;;;;;; REC, KICK, STEP KICK; STEP KICK, PKUP;
13 - 14 Rec L to SCP Kick R thru LOD, Step fwd R Kick L fwd; Step fwd L Kick R fwd, fwd R Pkup;

REPEAT PART B;;;;;;;;;

REPEAT PART A;;;;;;;;;;;;;

PART C

1 - 8 DRAG HESITATION; OPEN IMPETUS; WING; TELEMAR TO SCP; OPEN IN & OUT RUNS;; THRU VINE 7 LUNGE;;

- 1 - [Drag Hesitation] fwd L,-, commence LF trn sd R cont LF trn, draw L twd R ending in BJO;
- 2 - [Open Impetus] commence RF body trn bk L,-, cl R to L cont trn, fwd L in SCP;
- 3 - [Wing] fwd R,-, draw L twd R, tch L to R trng upper part of body LF with L sd stretch (fwd L beginning to X in frt of man trng slightly LF,-, fwd R around M cont trn LF, fwd L around M cont trn LF) to SDCR;
- 4 - [Telemark] fwd L to comm LF trn,-, sd R cont trn, sd & slightly fwd L (bk R comm LF trn bring L to R for heel trn,-, & chg weight to L, sd & slightly fwd R) to SCP;
- 5 - 6 [In & Out Runs] fwd R starting RF trn,-, sd & fwd L trng RF, sd & fwd R to Left Half Open [fwd L, R, L]; fwd L, R, L (fwd R starting RF trn,-, sd & fwd L trng RF, sd & fwd R) to BFLY;
- 7 - 8 [Thru Vine 7 Lunge] thru R, sd L, XRIB, sd L; XRIF, sd L, XRIB, sd L Lunge trailing arms low & lead arms high looking twd RLOD;