

It's Not Easy

CHOREO: Shawn and Wendy Cavness, 34403 56th Ave So., Auburn, WA 98001
(253) 929-8161 shawn@rounddancing.org www.rounddancing.org

RECORD: Song Name: It's Not Easy Artist: Tanz Orchester Klaus Hallen
CD: More Cartoon Songs for Dancing Track: 5
Download from iTunes Time: 2:46 (Play at 100%)

FOOTWORK: Woman Opposite unless noted (Women's footwork in Parentheses)

RHYTHM: Foxtrot Roundalab PHASE: 3 + 2 (Diamond Turns, In and Out Runs)
DIFFICULTY: Average

SEQUENCE: Intro, A, B, C, D, C (1-11), End Released: May 29, 2018

Intro

1-2 CP DLC – Wait 1 Measure ; Dip Back and Recover ;

(1-2) CP DLC wait 1 meas ; bk L (W fwd R) with knee flexed leaving R fwd (W L bk) , - , rec fwd R ,
tch L ;

Part A

1-4 Diamond Turns ; ; ; ;

(1-2) fwd L turning LF on the diagonal , - , cont LF trn sd R , bk L with ptr outside M in BJO ; trn LF bk
R , - , sd L , fwd R outside ptr in BJO ;

(3-4) fwd L turning LF on the diagonal , - , cont LF trn sd R , bk L with ptr outside M in BJO ; trn LF bk
R , - , sd L , fwd R to CP DLC ;

5-8 2 Left Turns ; ; Whisk ; Pickup to LOD ;

(5-6) fwd L comm up to 1/4 LF trn , - , cont trn up to 1/8 sd R diag across LOD , cl L ; bk R comm up
to 1/4 LF trn , - , cont trn up to 1/8 sd L twd LOD to CP WALL , cl R ;

(7-8) fwd L , - , fwd and sd R comm rise to ball of foot, XLib of R cont to full rise on ball of foot to SCP
; thru R comm L trn leading W to CP, - , sd and fwd L comp trn, cl R (thru L comm LF trn to CP,
sd and bk R comp trn , cl L) to CP LOD ;

9-12 Forward Run Two ; forward Run Two to BJO ; Fishtail ; Forward Lock Twice ;

(9-10) fwd L , - , fwd R , fwd L ; fwd R , - , fwd L , fwd R outside ptr blending to BJO ;

(11-12) Xlib loosely , as bdy comm to trn RF take a small stp to sd R completing 1/4 RF bdy trn , fwd
L with L shoulder lead , Xrib loosely ; fwd L , Xrib , fwd L , Xrib ;

13-16 Walk and Face ; Whisk ; Through and Chasse to Banjo ; Maneuver to CP RLOD ;

(13-14) fwd L , - , fwd R trn to fc ptr blending to CP WALL , - ; fwd L , - , fwd and sd R comm rise to
ball of foot, XLib of R cont to full rise on ball of foot to SCP ;

(15-16) thru R , - , sd L/cl R , sd L to BJO ; fwd R beg RF upr bdy trn , - , cont RF trn sd L , cl R (W
bk L beg RF upr bdy trn , - , sd R , cl L) to CP RLOD ;

17-20 Spin Turn to CP DLW ; Box Finish to CP DLC ; 2 Left Turns ; ;

(17-18) comm RF upper bdy trn bk L toe pivoting 1/2 RF to fc LOD, -, fwd R between W feet heel to toe cont RF trn keeping L leg extended bk and sd, comp trn sd and bk L (comm RF upper bdy trn fwd R between M feet heel to toe pivoting 1/2 RF, bk L cont trn brush R to L, comp trn sd and fwd R) to CP DLW ; bk R comm 1/4 LF trn, -, sd L, cl R to DLC ;

(19-20) fwd L comm up to 1/4 LF trn, -, cont trn up to 1/8 sd R diag across LOD, cl L ; bk R comm up to 1/4 LF trn, -, cont trn up to 1/8 sd L twd LOD to CP WALL, cl R ;

21-22 Vine 3 ; Pickup to SCAR LOD

(9-10) sd L, -, XRib (XLib), sd L ; thru R comm L trn leading W to CP, -, sd and fwd L comp trn, cl R (thru L comm LF trn to CP, sd and bk R comp trn, cl L) to SCAR LOD ;

Part B

1-4 Cross Hover 3X to SCP DLC ; ; Pickup to CP LOD ;

(1-2) fwd L with slight crossing action comm to rise and beg 1/4 LF trn, -, sd and slightly fwd R cont to rise and comp the 1/4 LF trn, diag fwd L to BJO lowering at end of step (bk R with slight Xing action comm to rise in body and beg 1/4 LF turn, -, sd and slightly bk L cont to rise and comp 1/4 LF turn, diag bk to BJO lowering at and of step) to BJO DLC ; fwd R with slight crossing action comm to rise and beg 1/4 RF trn, -, sd and slightly fwd L cont to rise and comp the 1/4 RF trn, diag fwd R to SCR lowering at end of step (bk L with slight Xing action comm to rise in body and beg 1/4 RF turn, -, sd and slightly bk R cont to rise and comp 1/4 RF turn, diag bk to BJO lowering at and of step) to SCAR DLW ;

(3-4) fwd L with slight crossing action comm to rise and beg 1/4 LF trn, -, sd and slightly fwd R cont to rise and comp the 1/4 LF trn, diag fwd L to SCP lowering at end of step (bk R with slight crossing action comm to rise in body, -, sd and slightly bk L cont to rise, diag bk to SCP lowering at and of step) to SCP LOD ; thru R comm L trn leading W to CP, -, sd and fwd L comp trn, cl R (thru L comm LF trn to CP, sd and bk R comp trn, cl L) to CP LOD ;

5-8 Progressive Box ; ; Turn Left and Right Chase to BJO ; Back to a Back Lock Back ;

(5-6) fwd L, -, sd R, cl L ; fwd R, -, sd L, cl R ;

(7-8) fwd L comm LF upper body trn, -, sd R cont trn/cls L, sd R comp trn to BJO ; bk L, -, bk R/XLif of R, bk R ;

9 Impetus to SCP DLC ;

(9) comm RF upper body trn bk L, -, cl R cont RF heel turn 3/8, comp trn fwd L (comm RF upper body trn fwd R between M's feet heel to toe pivoting RF 1/2, -, sd and fwd L cont RF trn around man brush R to L, comp trn fwd R) to SCP DLC ;

Part C

1-4 Through Face Close ; Half Box ; Box Finish ; Turn Left and Right Chasse to BJO ;

(1-2) thru R , - , fwd and sd L trng twd ptr to CP DLW, cl R ; fwd L , - , sd R , cl L ;

(3-4) bk R comm 1/4 LF trn , - , sd L , cl R to DLC ; fwd L comm LF upper body trn , - , sd R cont trn/cls L , sd R comp trn to BJO ;

5-8 Impetus to SCP DLC ; Through and Chasse to SCP ; Through and Chasse to Banjo ; Maneuver ;

(5-6) comm RF upper body trn bk L , - , cl R cont RF heel turn 3/8 , comp trn fwd L (comm RF upper body trn fwd R between M's feet heel to toe pivoting RF 1/2 , - , sd and fwd L cont RF trn around man brush R to L , comp trn fwd R) to SCP DLC ; thru R , - , sd L/cl R , sd L to SCP DLC ;

(7-8) thru R , - , sd L/cl R , sd L to BJO ; fwd R beg RF upr bdy trn , - , cont RF trn sd L , cl R (W bk L beg RF upr bdy trn , - , sd R , cl L) to CP RLOD ;

9-12 2 Right Turns to CP WALL ; ; Hover to SCP ; Start In and Out Runs ;

(9-10) bk L comm trn up to 1/4 RF , - , sd R cont RF trn up to 1/4 , cl L ; fwd R comm trn up to 1/4 RF , - , sd L con RF trn up to 1/4 to CP WALL , cl R ;

(11-12) fwd L , - , fwd and slightly sd R rising to ball of foot, sd and slightly L to tight SCP LOD ; fwd R comm RF trn , - , sd and bk L to CP DLW, bk R (fwd L , - , fwd R, fwd L) to BJO ;

13-16 Finish In and Out Runs ; Maneuver ; Over Spin Turn ; Back and Chasse to Semi ;

(13-14) bk L trn RF , - , sd and fwd R bet W's feet cont RF trn, fwd L (fwd R comm RF trn , - , fwd and sd L cont trn, fwd R) to SCP DLC ; fwd R beg RF upr bdy trn , - , cont RF trn sd L , cl R (W bk L beg RF upr bdy trn , - , sd R , cl L) to CP RLOD ;

(15-16) comm RF upper bdy trn bk L toe pivoting 1/2 RF , - , fwd R between W feet heel to toe cont RF trn keeping L leg extended bk and sd, comp trn sd and bk L (comm RF upper bdy trn fwd R between M feet heel to toe pivoting 1/2 RF, bk L toe cont trn brush R to L, comp trn sd and fwd R) to fc DRW ; bk R comm LF trn , - , sd L/cls R, sd L to SCP LOD ;

17-18 Through and Chasse to Semi ; Through Face Close ;

(17-18) thru R , - , sd L/cl R , sd L to SCP LOD ; thru R twd LOD , - , fwd and sd L trng twd ptr to CP WALL , cl R ;

Part D

1-4 Whisk ; Hover Fallaway ; Slip Pivot to BJO ; Maneuver ;

(1-2) fwd L , - , fwd and sd R , XLib ; fwd R , - , fwd L rising to ball of foot , rec R ;

(3-4) bk L , - , bk R comm LF trn keeping L leg ext , fwd L (bk R comm LF pivot , - , comp LF trn fwd L , bk R) to BJO ; fwd R beg RF upr bdy trn , - , cont RF trn sd L , cl R (W bk L beg RF upr bdy trn , - , sd R , cl L) to CP RLOD ;

5-8 Spin Turn to CP DLW ; Box Finish to CP DLC ; 2 Left Turns to CP WALL ; ;

(5-6) comm RF upper bdy trn bk L toe pivoting 1/2 RF to fc LOD , - , fwd R between W feet heel to toe cont RF trn keeping L leg extended bk and sd , comp trn sd and bk L (comm RF upper bdy trn fwd R between M feet heel to toe pivoting 1/2 RF , bk L cont trn brush R to L , comp trn sd and fwd R) to CP DLW ; bk R comm 1/4 LF trn , - , sd L , cl R to CP DLC ;

(7-8) fwd L comm up to 1/4 LF trn , - , cont trn up to 1/8 sd R diag across LOD , cl L ; bk R comm up to 1/4 LF trn , - , cont trn up to 1/8 sd L twd LOD to CP WALL , cl R ;

9-11 Vine 3 ; Through Face Close to CP WALL ; Whisk ;

(9-10) sd L , - , XRib (XLib) , sd L ; thru R twd LOD , - , fwd and sd L trng twd ptr to CP WALL , cl R ;

(11) fwd L , - , fwd and sd R comm rise to ball of foot , XLib cont to full rise on ball of foot to SCP ;

Ending

1-4 Through and Chasse to SCP ; Through Face Close to CP WALL ; Box ; ;

(1-2) thru R , - , sd L/cl R , sd L to SCP LOD ; thru R twd LOD , - , fwd and sd L trng twd ptr to CP WALL , cl R ;

(3-4) fwd L , - , sd R , cl L ; bk R , - , sd L , cl R ;

5 Dip Back and Kiss ;

(5) bk L with knee flexed leaving R fwd , - , - , - ;

It's Not Easy (Head Cues)

Foxtrot Phase 3 + 2 (Diamond Turns, In and Out Runs)

Intro (2) CP DLC – Wait 1 Measure; Dip Back and Recover;

A (22) Diamond Turns;;; 2 Left Turns;; Whisk; Pickup; Forward Run Two;
Forward Run Two Blending to BJO; Fishtail; Forward Lock Twice; Walk and Face; Whisk;
Through and Chasse to Banjo; Maneuver; Spin Turn; Box Finish to DLC;
Two Left Turns;; Vine 3; Pickup to SCAR LOD;

B (9) Cross Hover 3X to SCP;;; Pickup; Progressive Box;; Turn Left and Right Chasse to BJO;
Back to a Back Lock Back; Impetus to SCP;

C (18) Through Face Closed; Half Box; Box Finish to DLC; Turn Left and Right Chasse to Banjo; Impetus
to SCP; Through and Chasse to SCP; Through and Chasse to BJO; Maneuver; Two Right Turns to;;
Hover to SCP; In and Out Runs;; Maneuver; Over Spin Turn to; Back and Chasse to SCP;
Through and Chasse to SCP; Through Face Close;

D (11) Whisk; Hover Fallaway; Slip Pivot to BJO; Maneuver; Spin Turn; Box Finish to DLC;
Two Left Turns;; Vine 3; Through Face Close; Whisk;

C (1-11) Through Face Closed; Half Box; Box Finish; Turn Left and Right Chasse to Banjo;
Impetus to SCP; Through and Chasse to SCP; Through and Chasse to BJO; Maneuver to;
Two Right Turns;; Hover to SCP;

End (5) Through and Chasse to SCP; Through Face Close; Box;; Dip Back and Kiss;