NICE AND EASY
Bill & Carol Goss 10965 Sunny Mesa Rd. San Diego, CA 92121
858-638-0164 gossbc@san.rr.com
CD: Classic Sinatra Track 20 Download from Rhapsody- Nice ‘N’ Easy
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INTRO, A, B, C, INTER, B, C, ENDING

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
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
trn _ RF btwn 1 and 2, cont RF trn sd R _ 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
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 _ OP fwd R
start RF trn to XIF of W,,-, sd L across W, fwd R in _ LOP look at
ptr (W fwd L,,-, fwd R, fwd L); Fwd L,,-, fwd R, fwd L look at ptr
in _ OP (W fwd R start RF trn to XIF of M,,-, sd L across M, fwd
R in _ 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 &
blk R, lk LIF of R);
9-12 REV WAVE;; BK LILT FEATH 4; WEAVE 4 ENDING;
SQQ 9-10 {Rev Wave} Fwd L comm LF body trn,,-, strong body trn sd R,
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 Lft Bk Feather} Bk L with rise to ball of ft,-/bk R blending
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 TELEMARK; OPEN NAT BOLERO; RUNAROUND::
SQQ 13-14 {Hover Tele} Fwd L,-, sd & fwd R rising with RF body trn _,
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
fe 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
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 arnhold
(W fwd R,-, fwd L/fwd R, fwd R; 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
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 fcing wall,
XLIF of R, swv LF keep upper body fcing 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
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 trn body RF,-,
brush L to R, fwd L; {Chair & Slip Trans} Chk thru R with
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 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 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 feing 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 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 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 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;

SQQ 3-4 {Bk Chasse} Bk R trn LF,-, sd L/ cl R to L, sd L end BJO DW;

SQQ 5-6 {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 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 QK OPEN FEATH; OPEN REV TRN:

SQQ 1-2 \{Feath Roll Trans\} Fwd R let go of arms, fwd L, fwd R to skaters (W fwd L start LF roll, sd R cont roll, sd L cont roll, fwd R); \{Cross Pts\} Same footwork XLIF of R, pt R trn LF, XRIF of L, pt L trn RF;

SS 2-3 \{Cross Chk Qk Open Feath\} XLIF of R, recov R, sd L, fwd & across R fc DC; \{Open Rev Trn\} Fwd L with LF trn,-, sd R stay behind W, bk L fc RLOD;

2-4 \{Feath Roll Trans\} Fwd R let go of arms, fwd L, fwd R to skaters (W fwd L start LF roll, sd R cont roll, sd L cont roll, fwd R); \{Cross Pts\} Same footwork XLIF of R, pt R trn LF, XRIF of L, pt L trn RF;

SS 3-4 \{Cross Chk Qk Open Feath\} XLIF of R, recov R, sd L, fwd & 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;

SS 6-7 \{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 fingers of L (W R) hnd, cont circle f wd R, snap; circle f wd L, snap, f wd R bk to skaters LOD,-;

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

SS 9-10 \{Walk 2\} In skaters same footwork walk L,-, R,-;

SS 10-11 \{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 & 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;

SS 14-15 \{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 f wd L, snap fingers of L (W R) hnd, cont circle f wd R, snap; \{Trn to Sit Line and Snap\} Circle f wd L, trn to step sd & bk R, sit bk in R lady in front of M to his R press L foot f wd, M snap (W bring R hnd up to neck elbow slightly f wd);