

EASY ON ME



Level: Advanced **Genre:** Pop
Artist: Adele
Choreo: Peter Wee
Speed: Normal (Best danced 105% - 110%)
Sequence: A B C A* B C* D B C**
Wait: 15 Beats

Amended 14 Mar 2022

Quick Cues	Quick Cues
<u>Part A (41 Beats)</u>	<u>Part C* (16 Beats)</u>
8 Zap Step	8 Flat Rock Heel Rocker
8 Rock Tennessee Flap (Rft 1/2 L)	8 Gallop & Basic Skuff
8 Zap Step	
8 Rock Tennessee Flap (Rft 1/2 L)	<u>Part D (20 Beats)</u>
9 Run & Doubles Pull	8 Stamp Riff Far Side
	2 Buck Basic
<u>Part B (32 Beats)</u>	2 Toe Buck Basic (Rft)
8 Go Easy Pivot (1/4R then 3/4L)	4 Fancy Double Buck
8 Toe Slap & Doubles (Rft)	4 Single Rock Synco
16 REPEAT	
	<u>Part B (32 Beats)</u>
<u>Part C (15 Beats)</u>	8 Go Easy Pivot (1/4R then 3/4L)
8 Flat Rock Heel Rocker	8 Toe Slap & Doubles (Rft)
7 Short Gallop Toe Ball	16 REPEAT
<u>Part A* (36 Beats)</u>	<u>Part C** (14 Beats)</u>
8 Zap Step	8 Flat Rock Heel Rocker
8 Rock Tennessee Flap (Rft 1/2 L)	4 2 Basic Gallop
8 Zap Step	2 Rock Pull
8 Rock Tennessee Flap (Rft 1/2 L)	
4 Quick Double Rock Pull	
<u>Part B (32 Beats)</u>	
8 Go Easy Pivot (1/4R then 3/4L)	
8 Toe Slap & Doubles (Rft)	
16 REPEAT	

Step Descriptions for "Easy On Me"

ZAP STEP:

(P) STA LIFT/H H-FL BA DBL-BA TCH(F) H TT(BK) (LIFT T)/BA(BK) SLAP-BA TCH(F) H RS TnUp
L L /R L L R L L R L R L /R L L R L RL R
& 1 & 2 & a 3e & a 4 & 5 e & a 6 & 7 e&a8

ROCK TENNESSEE FLAP: (In this dance 1/2 L on &1&2&3&4, last & beat uses (P) of next step)

RS TnDn RS TnUp-DS BA BA DBL-BA-H R H-FL
RL R LR L L R L R R R L R R
&1 e&a2 &3 e&a4 &5 & 6 e& a 7 & 8 &

RUN & DOUBLES PULL:

(P) BA BA BA DBL-BA BA BA DBL-BA DBL-BA R S (FWD) PULL-S(BS) RS (P) S
L R L R R L R L L R R L R L L RL R
& 1 & 2 e& a 3 & a4 e &a 5 & 6 & 7 & 8 & 9

GO EASY PIVOT:

R H(WGT) PVT(1/4 R) S R H(WGT) PVT(3/4 L) S RS TnDn RS TnUp
L R R L R L L L R LR L RL R
& 1 & 2 & 3 & 4 & 5 e&a6 &7 e&a8

TOE SLAP & DOUBLES:

TT(BK) (LIFT T)/BA(BK) SLAP-BA TCH HOP BA BA DBL-BA TCH HOP BA DBL HOP DBL HOP DBL-BA DBL HOP
R L /R L L R L R L R R L R L R L R L R R L R
& 1 e & a 2 & 3 e& a 4 & 5 e& a 6e & a7 e &a 8

FLAT ROCK HEEL ROCKER

R H(WGT TW) S R H(WGT TW) S RS TnDn TnDn RS
L R L R L R LR L R LR
& 1& 2 & 3& 4 & 5 e&a6 e&a7 &8

BUCK BASIC:

DBL-BA H-BA H-BA
L L R R L L
&a 1 e & a 2

SHORT GALLOP TOE BALL:

DS BA H-BA DS BA H-BA DS DBL-BA T-BA S
L R L L R L R R L R R L L R
&1 & a 2 & 3 & a 4 & 5 &a 6 e & 7

QUICK DOUBLE ROCK PULL:

DT R S (FWD) PULL-S(BS) RS (P) S
L L R L L RL R
&e a 1 & 2 & 3 & 4

GALLOP & BASIC SKUFF:

DS BA H-BA DS BA H-BA DS DBL-BA T-BA H-BA SK H
L R L L R L R R L R R L L R R L R
&1 & a 2 & 3 & a 4 & 5 &a 6 e & a 7 & 8

STAMP RIFF FAR SIDE:

STA-BA BR-SK H BA BA DBL-BA TCH HOP BA DBL(F) HOP DBL(OTS) HOP T-BA DBL HOP TCH
L L R R L R L R R L R L R L R L R R L R L
& 1 & a 2 & 3 e& a 4 & 5 e& a 6e & a 7 e& a 8

TOE BUCK BASIC:

DBL-BA T-BA H-BA
R R L L R R
&a 1 e & a 2

FANCY DOUBLE BUCK:

DS DBL-BA H-BA H-BA H-BA H-BA
L R R L L R R L L R R
&1 &a 2 e & a 3 e & a 4

SINGLE ROCK SYNCO: (In this dance SR is done with a BA not a S)

(P) BA SR BA SR BA TCHH-TCH-BA
L R L R L R R R
& 1 e&a 2 e&a 3 e & 4

****See NOTE below for SR (Single Rock) explanation**

ROCK PULL: (In this dance FWD)

R S (DIAG) PULL-S(BS)
L R L L
& 1 & 2

BASIC GALLOP:

DS BA (XIB) H-BA
L R L L
&1 & a 2

Note: The abbreviation SR stands for SINGLE ROCK.

SINGLE ROCK:

TCHH-TCH-S
L L L
& a 1