

NICE & KNEESY

Choreographed by Lee Easton

Description: 32 count, 4 wall, Smooth (wcs)

Level: Newcomer

Music: 'Layla' by Eric Clapton (95BPM)

Official UCWDC competition dance description

Date of usage 22 March 2012

1-6: Sugar Push: Walk, Walk, triple, triple

- 1 Step R forward
- 2 Step L forward
- 3 Step R small step forward
- & Recover weight on L
- 4 Step R back
- 5 Step L behind R
- & Step R in place
- 6 Step L in place

7-12: Sugar Tuck: Walk, Walk, Ball change, turn anchor step

- 1 Step R forward
- 2 Step L forward
- & Step ball of R behind L
- 3 Step L in place
- 4 Turn ½ turn R step forward R
- 5 Turn ½ turn R, Step L behind R
- & Step R in place
- 6 Step L in place

13-18: Spinning Pass: Walk, Walk, 3/4 Turning lock, Anchor Step

- 1 Step R forward
- 2 Step L forward
- 3 Step R in front of L turning 1/4 turn L
- & Turn 1/4 turn L, Step L across R
- 4 Turn 1/4 turn L, Step R back, Sweep L from front to back (face 3.00)
- 5 Step L behind R
- & Step R in place
- 6 Step L in place

19-24: Tuck Turn: Walk, Walk, Rock & Cross, Anchor Step

- 1 Step R forward
- 2 Step L forward, rotate shoulders
- 3 Rock R to R side
- & Recover weight L
- 4 Cross R over L
- 5 Turn ½ turn R, Step L behind R
- & Step R in place
- 6 Step L in place (face 9:00)

25- 32: Basic Whip: Walk, Walk, Coaster step, Walk, Walk, Anchor Step

- 1 Step R forward
- 2 Turn ½ turn R, Step L back
- 3 Step R back
- & Step L next to R
- 4 Step R forward
- 5 Turn ½ turn R, Step L back
- 6 Step R back
- 7 Step L behind R
- & Step R in place
- 8 Step L in place