



Steppin' off the Page

Jamie Barnfield

Crystal Boot Awards

STANRYCK

4 WALL • 32 COUNTS • IMPROVER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1	Box Forward, Hip Bumps, Shuffle Forward		
1 & 2	Step right to right side. Close left beside right. Step right forward.	Side Together Fwd	Forward
3 & 4	Step left to left side. Close right beside left. Step left back.	Side Together Back	Back
5 & 6	Step right back, bumping hips - back, forward, back (weight on right).	Hip Bumps	On the spot
7 & 8	Step left forward. Close right beside left. Step left forward. (12:00)	Left Shuffle	Forward
Section 2	Step Pivot 1/4, Cross Side Behind, Side Rock, Behind 1/4 Turn Step		
1 - 2	Step right forward. Pivot 1/4 turn left (weight on left). (9:00)	Step Quarter	Turning left
3 & 4	Cross right over left. Step left to left side. Cross right behind left.	Cross & Behind	Left
5 - 6	Rock left to left side. Recover onto right.	Side Rock	On the spot
7 & 8	Cross left behind right. Turn 1/4 right stepping right forward. Step left forward.	Behind Quarter	Turning right
Section 3	Scuff, Cross, Back 1/4 Right, Hip Bumps, Left Sailor, Back Mambo Point		
& 1 - 2	Scuff right forward. Cross right over left. Begin 1/4 right stepping left back.	Scuff Cross Turn	Turning right
3 & 4	Complete 1/4 turn stepping right to side, bumping hips - right, left, right. (3:00)	Hip Bumps	On the spot
5 & 6	Cross left behind right. Step right in place. Step left to left side.	Left Sailor Step	
7 & 8	Rock back on right. Recover onto left. Point right toes to right side.	Mambo Point	
Section 4	Walk Forward x 2, Forward Mambo, Walk Back x 2, Coaster Cross		
1 - 2	Walk forward right. Walk forward left.	Right Left	Forward
3 & 4	Rock forward on right. Recover onto left. Step right back.	Forward Mambo	On the spot
5 - 6	Step left back. Step right back.	Back Back	Back
7 & 8	Step left back. Step right beside left. Cross left over right. (3:00)	Coaster Cross	On the spot
Tag	End of Walls 1 and 3: Hip Sways x 4		
1 - 4	Step right to right side, swaying hips - right, left, right, left (weight on left).	Four Hip Sways	On the spot
Half Tag	End of Wall 5: Hip Sways x 2		
1 - 2	Step right to right side, swaying hips - right, left (weight on left).	Two Hip Sways	On the spot
Ending	End of Wall 9:		
7 & 8	Turn the coaster cross into a 1/4 turn left coaster cross, to face the front wall.	Coaster Turn	Turning left

Choreographed by: Jamie Barnfield (UK) January 2018
Choreographed to: 'Easy' by Stanryck from Album '80s Go Reggae' (download available from Amazon and iTunes) (16 count intro)
Tag/Half Tag: One easy Tag after Walls 1 and 3, with a Half Tag after Wall 5

