

# Easy Does It

Count: 32

Wand: 4

Ebene: Beginner polka

Choreograf/in: Nancy Morgan (USA)

Musik: One of the Guys - Kellie Pickler



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## **TOE, HEEL, TRIPLE IN PLACE, TOE HEEL, TRIPLE IN PLACE**

- 1-2 Toe-heel - touch right toes in towards left instep, touch right heel in towards left instep
- 3&4 Triple in place - step right, left, right
- 5-6 Toe-heel - touch left toes in towards right instep, touch left heel in towards right instep
- 7&8 Triple in place - left, right, left

## **WALK, WALK, SHUFFLE FORWARD, FORWARD ROCK, SHUFFLE BACK**

- 1-2 Walk forward - right, left
- 3&4 Shuffle forward - right, left, right
- 5-6 Forward rock - forward on left, back on right
- 7&8 Shuffle back - left, right, left

## **BACK ROCK, STEP, ¼ TURN PIVOT, STOMP, KICK, BACK ROCK**

- 1-2 Back rock - step back on right, step forward on left
- 3-4 Step forward on right, pivot ¼ turn to left (weight ends on left)
- 5-6 Stomp right next to left, kick right foot forward
- 7-8 Back rock - rock back on right, rock forward on left

## **KICK TWICE, BACK ROCK, STEP TOGETHER, SIDE ROCK**

- 1-2 Kick right foot forward twice (kick low then higher)
- 3-4 Back rock - step back on right, forward on left
- 5-6 Step right foot forward, step left next to right
- 7-8 Side rock - right foot out to right side, return to left

**REPEAT**

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