

Easy Does It

Compte: 32

Mur: 4

Niveau: Beginner polka



Chorégraphe: Nancy Morgan (USA)

Musique: One of the Guys - Kellie Pickler

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
