

# Take It EZ

Compte: 32

Mur: 4

Niveau: Beginner

Chorégraphe: Yeo Yu Puay (MY) - October 2002

Musique: Red Red Wine - UB40 : (Album: Labour of Love)



Intro: 2 counts - on word "wine"

## [1-8] FORWARD SHUFFLE, FORWARD ROCK; BACK SHUFFLE, BACK ROCK

- 1&2 Step L forward(1), Step R beside L(&), Step L forward(2)  
3-4 Rock R forward(3), recover weight onto L(4)  
5&6 Step R back(5), Step L beside(&), Step R back(6)  
7-8 Rock L back(7), recover weight onto R(8)

RESTART HERE: on wall 3 (facing 6.00)

## [9-16] SHUFFLE LEFT, BACK ROCK; SHUFFLE RIGHT, BACK ROCK

- 1&2 Step L to the left(1), step R beside L(&), step L to the left(2)  
3-4 Rock R back(3), recover weight onto L(4)  
5&6 Step R to the right(5), step L beside R(&), step R to the right(6)  
7-8 Rock L behind R(7), recover weight onto R(8)

RESTART HERE on walls 6 (facing 12.00) and 9 (facing 6.00)

## [17-24] ½ TURNING SHUFFLES - TRAVELLING TOWARDS 12.00 (2x); ROCKING CHAIR

- 1&2 Turning ¼ right, step L to left(1), Turning ¼ right, step R beside L(&), Step L back(2) (6.00)  
3&4 Turning ¼ right, step R to right(3), Turning ¼ right, step L beside R(&), Step R forward(4) (12.00)  
5-6 Rock L forward(5), recover weight onto R(6)  
7-8 Rock L back(7), recover weight onto R(8)

Easier Option for 1&2, 3&4 – 2 forward shuffles

## [25-32] EXTENDED CROSS SHUFFLE (TURNING ¼ LEFT); SIDE ROCK, CROSS SHUFFLE

- 1&2&3& Making a gradual ¼ left turn, cross L over R(1), step R slightly to right(&), Cross L over R(2), step R slightly to right(&), Cross L over R(3), step R slightly to right(&),  
4 Cross L over R(4) (9.00)  
5-6 Rock R to right(5), recover weight onto L(6)  
7&8 Cross R over L(7), step L to left(&), cross R over L(8)

Start again

THE 3 RESTARTS are easy to hear as they each come after a musical interlude.

ENDING (wall 10): Do a ½ turn on the extended cross shuffle (counts 25-27) so that you'll end facing 12.00.

This dance was specially choreographed to teach various types of shuffles to my beginner class. It's titled "Take It EZ" because I had to keep reminding my students to "relax, take it easy, don't rush"!

Have fun!