

# AB T. I. E

**COPPER KNOB**  
STEPSHEETS

拍数: 32                      墙数: 1                      级数: Absolute Beginner  
编舞者: Janet Cummings (USA) - May 2019  
音乐: Take It Easy - Eagles : (Remastered 2013)



**No Tags or Restarts**

## **SECTION 1: SLOW SIDE MAMBOS, RIGHT AND LEFT**

1, 2, 3, 4            R Rock to Side, Return Weight to L; R Step Together, L Touch  
5, 6, 7, 8            L Rock to Side, Return Weight to R, L Step Together, R Touch

## **SECTION 2: K STEP**

1-4                    R Step Forward Diagonal, L Touch; L Step Back Diagonal, R Touch  
5-8                    R Step Back Diagonal, L Touch; L Step Forward Diagonal, R Touch

## **SECTION 3: RIGHT GRAPEVINE, LEFT GRAPEVINE**

1, 2, 3, 4            R Step to Right, L Step Behind, R Step to Right, L Touch  
5, 6, 7, 8            L Step to Left, R Step Behind, L Step to Left, R Touch

## **SECTION 4: SLOW FRONT MAMBO, SLOW BACK MAMBO**

1, 2, 3, 4            R Rock Forward, Return Weight to L, R Step Together, L Touch  
5, 6, 7, 8            L Step Back, Return Weight to R, L Step Together, R Touch

**Begin again with Section 1**

**Note: Dancers: Learning Line Dance Terminology is paramount to your success.**

**Instructors: This is, and was intended to be a 1-Wall Absolute Beginner dance. Feel free to compensate for 2 or 4 Wall.**

**Just to Note: I do all of these AB dances in my bi-weekly Intermediate classes, and usually by adjusting the last section (2 or 4 steps) I can make them interesting and fun 4-Wall dances; Email me if I can help. To be clear, for this series...I am not in competition for Beginner+ Dances, tens of thousands already exist; Let's help the rest to get there!**

**Studies show that Dance enhances Physical and Mental health! Lord, keep moving us a step at a time. Amen**

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