

Take It Ez

拍数: 48 墙数: 4 级数: Improver
编舞者: Mike Y L Ng (SG)
音乐: Take It Easy - Eagles



RIGHT HEEL, TOE TAP, HEEL, HITCH

1-6 Tap right heel forward; tap right toes next to left, tap right toes to side, tap right toes next to left; tap right heel forward; hook right foot in front of left leg

FORWARD SHUFFLES

7&8 Step right foot forward, step left foot next to right, step right foot forward (right, left, right)

LEFT HEEL, TOE TAP, HEEL, HITCH

9-14 Tap left heel forward; tap left toes next to right, tap left toes to side, tap left toes next to right; tap left heel forward; hook left foot in front of right leg

FORWARD SHUFFLES

15&16 Step left foot forward, step right foot next to left, step left forward (left, right, left)

FORWARD ROCKING CHAIR

17-18 Step forward on right foot and recover back on left foot

BACK SHUFFLES

19&20 Step right foot back, step left foot next to right, step right back (right, left, right)

BACK SHUFFLES

21&22 Step left foot back, step right foot next to right, step left back (left, right, left)

BACKWARD ROCKING CHAIR

23-24 Step back on right foot and recover forward on left foot

¼ PIVOT TURN

25-26 Step forward on right foot, pivot ¼ turn left

KICK BALL, CHANGE

27-28 Kick right foot forward, step right foot beside left, step left foot in place

½ RIGHT MONTEREY TURN

29-32 Touch right toes to right side, left foot pivot ½ turn and step right foot beside left; touch left toes to left side and step left foot beside right

LEFT / RIGHT SWIVEL

33-34 Twist both feet towards right on the ball of left foot (heel lifted towards left) and heel of right foot (toes lifted towards right); return feet to place

35-36 Twist both feet towards left on the ball of right foot (heel lifted towards right) and heel of left foot (toes lifted towards left); return feet to place

GRAPEVINE RIGHT

37-40 Step right foot on right side, cross left foot behind right, step right foot on right side, step left in place

GRAPEVINE LEFT

40-44 Step left foot on left side, cross right foot behind left, step left foot on left side, step right in place

LEFT TOES FORWARD, SIDE, SLAP, SIDE TAP

44-48 Touch left toes forward; touch left toes to left side; slap left foot with right hand behind right leg; return left foot in place

REPEAT
