

# Easy Does It

**COPPER KNOB**  
STEPSHETS

拍数: 16      墙数: 4      级数: Beginner  
编舞者: Cato Larsen (NOR)  
音乐: The Anthem - NG3



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## WALK FORWARD, MAMBO ROCK, POINT, ¼ TURN, HEAD TURN, TOGETHER, SIDE

1-2            Step forward on right, step forward on left  
3&4           Step forward on right, rock (recover) back onto left, step back on right  
5-6           Point left toe back, pivot body (not the head) ¼ turn left  
7&8           Turn head ¼ turn left, step right beside of left, step left to left side

## BACK, TAP, FORWARD, OUT, PUNCH ARMS FORWARD, PELVIC THRUSTS

1-2            Step back on right, tap left toe to floor in front  
**Arms: punch left arm straight forward, sweep right arm over your head as if you are combing your hair with your fingers**  
3-4            Step forward on left, step right slightly to right side  
5-6            Reach forward with left arm, reach forward with right arm (as if you were grabbing the hips to the person in front of you)  
7-8            Push hips forward & back twice

**REPEAT**

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