Take It EZ

拍数: 32 **墙数:** 4 **级数:** Beginner
编舞者: Yeo Yu Puay (MY) - October 2002
音乐: 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!