# 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!**