Take It Easy (別緊張) (zh)

拍数: 32 **墙数:** 4 **级数:** Beginner
编舞者: Theresa Chang (TW) - 2013年03月
音乐: Weed Instead of Roses - Ashley Monroe

Intro: 16 Counts /7 Secs (Start on Main Vocals).
起跳: 16拍(第七秒),唱歌時起跳
Tag: 4Counts on wall 11(6.00)
連接奏: 4拍在第11面六點鐘方向

1-2-3-4	Triple Rf, Lf, Rf, Recover Lf 右腳踏,左腳踏,右腳踏,左腳回重心至左腳

[1-8] Grape Vine滑輪步 , Jazzbox爵士步

1-2-3-4	Rf to R, Lf behind Rf, Rf to R, Lf tourch Rf 右腳移右旁,左腳後叉右腳後,右腳移右旁,左腳點於右腳旁
5-6-7-8	Rf over Lf, Lf behind RF, Rf close to Lf, Recover Lf 右腳跨叉左腳,左腳移至右腳後,右腳併於左腳旁

[9-16] Touch點, turn 1/4 左轉1/4

1-2	tale a big side step to R with Rf , Lf toe touch to Rf 右腳大步移右旁,左腳尖點於右腳旁
3-4&	tale a big side step to L with Lf , Rf toe touch to Lf, make a 1/4 turn to L 左腳大步移左旁,右腳尖點於左腳旁,左轉1/4
5-6	tale a big side step to R with Rf , Lf toe touch to Rf 右腳大步移右旁,左腳尖點於右腳旁
7-8	tale a big side step to L with Lf , Rf toe touch to Lf 左腳大步移左旁,右腳尖點於左腳旁

[17-24] Scissors 剪刀步

1-2-3-4	Rf to R, Lf beside Rf, Cross Rf over Lf, hold 右腳移右旁,左腳併於右腳旁,右腳跨叉左腳,停一拍
5-6-7-8	Lf to L, Rf beside Lf, Cross Lf over Rf, hold 左腳移左旁,右腳併於左腳旁,左腳跨叉右腳,停一拍

[25-32] Mambo曼波步

1-2-3-4	Rock Rf forward, recover on Lf. Rf close to Lf, hold 右腳前搖滾,回重心至左腳,右腳併左腳旁,停一拍
5-6-7-8	Rock Rf forward, recover on Lf. Rf close to Lf, hold 左腳退搖滾,回重心至右腳,左腳併右腳旁,停一拍

Repeat 重覆

Tag: To keep the dance in phrase there is a tag on Wall 11(6.00).
***連接奏: 持續跳,在第11面六點鐘有一段4拍連接奏**

Restart: Restart on Wall 11 (6.00) after Tag.
***重新:在連接奏後**

Enjoy the dance!

Contact: twtptheresa@hotmail.com - Website: http://linetw.com/twld/