

Take It Easy

拍數: 32 牆數: 4 級數: Improver
編舞者: Jo Rosenblatt (AUS) - July 2015
音樂: Andante, Andante - ABBA : (Album: ABBA GOLD: Greatest Hits - 40th Anniversary Edition)



START: Weight on left, 32 Count Intro on the word ".....easy"

S1: □Rumba Fwd, Tog, Fwd, Back, Coaster, Tog, Paddle Turn□

1&2& Step R to right, Step L beside right, Step R fwd, Step L beside right
3 4 Step fwd on R, Rock back onto L
5&6& Step R back, Step L beside right, Step R fwd, Step L beside right
7 8 Step R fwd, Turning 90deg left step L to left□9

S2: □Fwd, Rock, Tog, Back, Rock, Tog, Sweep, Sweep, Back, Back, Sweep□

1 2& Step R fwd, Rock back onto L, Step R beside left,
3 4& Step L back, Rock fwd onto R, Step L beside right
5 6& Sweep R fwd, Sweep L fwd, Hook your right foot in behind your left knee
7 8& Step back on R, Sweep L out to left step back on L, Sweep R out to right□9

S3: □Behind, Side, Cross & Cross & Cross, Side, Rock, Behind, ¼ Turn Fwd, Fwd□

1&2 Step R behind left, Step L to left, Cross R over left
&3&4 Small step L to left, Cross R over left, Small step L to left, Cross R over left ***
5 6 Step L to left, Rock onto R
7& 8 Step L behind right, Turning 90deg right step R fwd, Step L fwd□12

S4: □Fwd, ½ Turn Back, Back, Fwd, ½ Turn Back, ¼ Turn Side Cross, Rock, Side, Cross, Rock, Side□

1&2 Step R fwd, Turning 180deg right step L back, Step back on R□6
3&4 Step L fwd, Turning 180deg left step R back, Turning 90deg left step L to left ##□9
5 6& Cross R over left, Rock weight back onto L, Step R to right
7 8& Cross L over right, Rock weight back onto R, Step L to left□9

WALL 4: TAG & RESTART 1

After Count 20***, add a quick "&" step by stepping L to left, then restart the dance at 12 o'clock.

WALL 7: RESTART 2

Restart the dance after Count 28 ## facing 3 o'clock.

FINISH: Complete the dance and then make a 90° turn to the right stepping R fwd to finish at the front wall.

This dance was written as a split floor to Stephen Paterson's "Andante, Andante!".

A huge thank you to my wonderful friend, Sue, for her invaluable help with this choreography.

Free to be copied provided no changes are made to the original choreography.

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