

Take It Easy

拍數: 40 牆數: 0 級數:
編舞者: Unknown
音樂: Take It Easy - Eagles



HEELS AND TOES

- 1-2 With weight on heels, swivel both toes to left side. With weight on toes, swivel both heels to left side
- 3-4 With weight on heels, swivel both toes to left side. Kick right foot across front of left foot
- 5-6 Step right foot to right side. Step left foot next to right foot (weight on left)
- 7-8 Step right foot to right side. Stomp left foot next to right foot

KICK, BALL, CHANGE AND TURN

- 1&2 Kick right foot forward. Step ball of right foot next to left foot. Lift left foot up-down next to right
- 3-4 Step right foot forward. Touch left foot next to right foot
- 5-6 Step left foot to left side. Touch right foot next to left foot preparing to turn right
- 7-8 Step right foot ½ turn right. Touch left foot next to right foot

GRAPEVINE AND ROLLING GRAPEVINE

- 1-2 Step left foot to left side. Step right foot behind left foot (legs are crossed at knees)
- 3-4 Step left foot to left side. Touch right foot next to left foot
- 5 Step right foot to right side starting a full turn moving right
- 6 Step left foot across right foot continuing turn moving right
- 7-8 Step right foot across left foot finishing turn moving right. Touch left foot next to right foot

STEP TOUCHES

- 1-2 Step left foot to left side. Touch right foot next to left foot
- 3-4 Step right foot to right side. Step left foot next to right foot
- 5-6 Step right foot to right side. Touch left foot next to right foot
- 7-8 Step left foot to left side. Step (plant) right foot next to left foot (weight on right)

ROMP (VERY FAST FOOT WORK)

- &1 Step left foot back. Tap right heel forward 45 degrees right
- &2 Step right foot back to center. Step left foot to center (weight on left)
- &3 Step right foot back. Tap left heel forward 45 degrees left
- &4 Step left foot back to center. Step right foot back to center (weight on right)
- 5& Step left foot forward. Scuff right heel forward
- 6 Quickly stomp/click left heel on floor while right leg is in air from scuff
- 7-8 Stomp right foot down next to left foot. Stomp left foot down next to right foot

REPEAT
