

# 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

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