

拍數: 64 牆數: 4 級數: Intermediate

編舞者: Robbie McGowan Hickie (UK) - June 2014 音樂: Take It Easy - Ramzi: (CD: Chapter One)



32 Count intro

1 – 2 Step Left to Left side. Cross Right behind L	.eft.
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&3 Step ball of Left to Left side. Cross step Right over Left.

4 Point Left toe out to Left side – Pushing hips Up and to Left side. (Weight stays on Right)

5 – 6 Rock forward on Left. Rock back on Right.

7&8 Cross Left behind Right. Step Right to Right side. Cross step Left over Right.

Side Step Right. Behind. & Cross. Hip Bump. Forward Rock. Right Sailor 1/4 Turn Right.

1 – 2 Step Right to Right side. Cross Left behind Right.

&3 Step ball of Right to Right side. Cross step Left over Right.

4 Point Right toe out to Right side – Pushing hips Up and to Right side. (Weight stays on Left)

5 – 6 Rock forward on Right. Rock back on Left.

7&8 Cross Right behind Left making 1/4 turn Right. Step Left beside Right. Step forward on Right.

Forward Rock. Left Lock Step Back. 2 x 1/2 Turns Right. Right Mambo Back & Point.

1 – 2 Rock forward on Left. Rock back on Right.

3&4 Step back on Left. Lock step Right across Left. Step back on Left.

5 – 6 Make 1/2 turn Right stepping forward on Right. Make 1/2 turn Right stepping back on Left.
 7&8 Rock back on Right. Rock forward on Left. Point Right toe out to Right side. (Facing 3

o'clock)

Cross. Side Step Left. Right Sailor Step. Cross. Kick. Cross Behind. Unwind 1/2 Turn Right.

1 – 2 Cross step Right over Left. Step Left to Left side.

3&4 Cross Right behind Left. Step Left to Left side. Step Right to Right side.
 5 – 6 Cross step Left forward over Right. Kick Right Diagonally forward Right.

7 – 8 Cross Right behind Left. Unwind 1/2 turn Right. (Weight on Right) (Facing 9 o'clock)

Touch. Hook. Step Forward (Left & Right). Forward Rock. Full Turn Left.

Touch Left toe forward. Hook Left heel across Right shin. Step forward on Left.

Touch Right toe forward. Hook Right heel across Left shin. Step forward on Right.

5 – 6 Rock forward on Left. Rock back on Right.

7&8 Left triple step (on the spot) making Full turn Left stepping Left. Right. Left.

Right Cross Rock. Chasse Right. Touch Across. Touch Out. Left Sailor 1/4 Turn Left.

1 – 2 Cross rock Right forward over Left. Rock back on Left.

3&4 Step Right to Right side. Close Left beside Right. Step Right to Right side.

5 – 6 Touch Left toe across Right. Touch Left toe out to Left side.

7&8 Cross Left behind Right making 1/4 turn Left. Step Right beside Left. Step forward on Left.

Step Forward. 1/2 Turn Right. Right Shuffle 1/2 Turn Right. Step Forward. 1/2 Turn Left. Left Coaster.

1 - 2 Step forward on Right. Make 1/2 turn Right stepping back on Left. (Facing 12 o'clock)
 3&4 Right shuffle making 1/2 turn Right stepping Right. Left. Right. (Facing 6 o'clock)

5 – 6 Step forward on Left. Make 1/2 turn Left stepping back on Right.

7&8 Step back on Left. Step Right beside Left. Step forward on Left. (Facing 12 o'clock)

Right Cross Rock. & Left Cross Rock. 1/4 Turn Left. Step. Pivot 1/2 Left. Cross.

1 - 2 Cross rock Right forward over Left. Rock back on Left.
 &3 - 4 Step Right to Right side. Cross rock Left forward over Right. Rock back on Right.
 Make 1/4 turn Left stepping forward on Left. (Facing 9 o'clock)
 Step forward on Right. Pivot 1/2 turn Left. Cross step Right over Left. (Facing 3 o'clock)

Start Again