

Take It Easy

24 Count, 2 Wall, Improver

Choreographer: Alison Johnstone (Nuline dance) Jan 2013

Choreographed to: Take It Easy On Me by Beth Hart,

Album: My California (iTunes)

Start: On Vocals "God Bless This"

1-8 Walk, Walk, Walk, Rock Forward, Recover, Back Sweep, Back Sweep, Back Sweep, Right Behind, Turn ¼ Over Left stepping Left (&), Step Forward Right

1, 2, 3 Walk forward Right, Walk forward Left, Walk forward Right

4& Rock forward Left, Rock back Right (&)

5 Step Back Left sweep Right

6, 7 Walk back Right sweep Left, Walk Back Left sweep Right,

8&1 Step Right behind Left, ¼ turn over left stepping on Left, Step Right forward (9:00)

9-16 Rock Forward, Recover, Back Lock Step, Rock Back, Recover, ¼ Turn Left Step Right Side Drag

2, 3 Rock forward on Left, Recover on Right

4&5 Step Back Left, lock Right over Left (&), Step Back left (Back Lock Step)

6, 7 Rock Back on Right, Recover Left

8 ¼ Turn over Left stepping Right to side dragging Left towards Right (6:00)

*** **RESTART** walls 4 and 8 **FACING FRONT** simply add an (&) count by stepping on Left ready to Walk again

17-24 Behind, Side (&), Front, Rock Side, Recover, Behind, Side (&), Front, Step Left, Touch Right Next To Left

1&2 Step Left behind Right, Step Right Side (&), Step Left in front Right

3, 4 Rock Right to Side, Recover On Left

5&6 Step Right behind Left, Step Left to Side (&), Step Right in Front of Left

7, 8 Step Left, Touch Right beside Left (6:00)

*****Restart:** On walls 4 and 8 after count 16 **ADD THE & step*****

This is very easy as the dance is **SLOW**. Just say restart and they will remember to step on left so they can walk forward again.

The restart also is on the **FRONT WALL** to be the same as the Intermediate dance.

Ending: You will be facing front as the music fades...simply start the new wall with your Walk Walk then you final Walk in a pose **VOILA**

Dance choreographed for my Beginner class as a split floor for "Hurt Me Carefully" by Ria Vos as I knew they would love the music but could not find a suitable alternative due to the count.