

TAKE IT EASY ON ME

Count: 24. **Wall:** 2. **Level:** High Beginner

Choreographer: Alison Johnstone (Nuline dance) Jan 2013

Music: **Take It Easy On Me** by Beth Hart - Album: My California [iTunes]

Start: On Vocals “God Bless This”

WALK, WALK, WALK, ROCK FORWARD, RECOVER, BACK SWEEP, BACK SWEEP, BACK SWEEP, BEHIND, 1/4 LEFT, FORWARD

1,2,3 Step R forward, Step L forward, Step R forward

4& Rock L forward, Recover onto R

5 Step L back sweeping R

6,7 Step R back sweeping L, Step L back sweeping R

8&1 Step R behind L, Turn ¼ left step L forward , Step R forward [9:00]

ROCK FORWARD, RECOVER, BACK, LOCK, BACK ROCK BACK, RECOVER, 1/4 LEFT STEP TO RIGHT, DRAG

2,3 Rock L forward, Recover on R

4&5 Step L back, Lock R over L, Step L back

6,7 Rock R back, Recover onto L

8 Turn ¼ left step R to right dragging L towards R [6:00]

RESTART: Wall 4 and Wall 8 [facing 12:00] see below

BEHIND, SIDE, CROSS, ROCK RIGHT, RECOVER, BEHIND, SIDE, CROSS, SIDE, TOUCH

1&2 Step L behind R, Step R to right, Cross L over R

3,4 Rock R to right, Recover onto L

5&6 Step L behind L, Step L to left, Cross R over L

7,8 Step L to left, Touch R beside L [6:00]

24 REPEAT

RESTART: During Wall 4 and Wall 8 after count 16 ADD the [&] step

& Step weight onto L

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.