

AB T. I. E

LINEDANCE.COM

Count: 32 **Wall:** 1 **Level:** Absolute Beginner

Choreographer: Janet Cummings - USA - May 2019

Music: Take It Easy (2013 Remastered) - The Eagles BPM: 136

No Tags or Restarts

SECTION 1: SLOW SIDE MAMBOS, RIGHT AND LEFT

1, 2, 3, 4: R Rock to Side, Return Weight to L; R Step Together, L Touch

5, 6, 7, 8: L Rock to Side, Return Weight to R, L Step Together, R Touch

SECTION 2: K STEP

1-4: R Step Forward Diagonal, L Touch; L Step Back Diagonal, R Touch

5-8: R Step Back Diagonal, L Touch; L Step Forward Diagonal, R Touch

SECTION 3: RIGHT GRAPEVINE, LEFT GRAPEVINE

1, 2, 3, 4: R Step to Right, L Step Behind, R Step to Right, L Touch

5, 6, 7, 8: L Step to Left, R Step Behind, L Step to Left, R Touch

SECTION 4: SLOW FRONT MAMBO, SLOW BACK MAMBO

1, 2, 3, 4: R Rock Forward, Return Weight to L, R Step Together, L Touch

5, 6, 7, 8: L Step Back, Return Weight to R, L Step Together, R Touch

Begin again with Section 1

Note: Dancers: Learning Line Dance Terminology is paramount to your success.

Instructors: This is, and was intended to be a 1-Wall Absolute Beginner dance. Feel free to compensate for 2 or 4 Wall.

Just to Note: I do all of these AB dances in my bi-weekly Intermediate classes, and usually by adjusting the last section (2 or 4 steps) I can make them interesting and fun 4-Wall dances; Email me if I can help. To be clear, for this series...I am not in competition for Beginner+ Dances, tens of thousands already exist; Let's help the rest to get there!

Studies show that Dance enhances Physical and Mental health! Lord, keep moving us a step at a time. Amen

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