

Slow & Easy

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Count: 32

Wall: 2

Level: Intermediate

Choreographer: Ivonne Verhagen (NL) & Misuk La (KOR) - November 2021

Music: - Karen Waldrup

The dance starts after 8 counts when Zoe begins to sing

1 Restart* / 1 Tag+Restart*

[1-8] Side Rock (Hitch), Recover Stomp, Behind Side Cross, Scissor Step, Right (Hitch), 1/2 Turn Left (Hitch) Stomp, Cross, Point, Cross Mambo Cross

1-2RF rock right hitching LF up - recover stomping on LF

3&aRF behind LF - LF left - RF cross over LF

4&aLF left - RF close next to LF - LF cross over RF

5-6RF right hitching LF up and turning 1/2 left (6:00) - LF stomping down to left

a7RF cross over LF - point LF left

a8&aLF cross over RF - RF rock right - recover on LF - RF cross over LF

[9-16] Left with 5/8 Turn Right, Diagonal Mambo Fwrld., Big Step Back (Drag), Ball Step, Big Step Back (Drag), Back 1/8 Turn Left, Mambo Cross Point, Cross Mambo Cross

1LF left turning 5/8 right (1:30)

2&a3RF diagonally rock fwrld. - recover on LF - RF back - LF big step back (drag R heel)

a4-5RF ball step next to LF- LF big step back (drag R heel) - RF back 1/8 Turn Left (12:00)

6&a7LF rock left - recover on RF - LF cross over RF - RF point right

a8&aRF cross over LF - LF rock left - recover on RF - LF cross over RF

**** Dance Tag here in Wall 1 and restart (facing 12:00)**

*** Just restart here in Wall 3 (facing 6:00)**

[17-24] Step Back 1/4 Turn Left, 1/4 Turn Left Step Fwd., Step 1/4 Turn Left, Cross, Left, Fast Rock Back Recover, Slow Rock Back Recover, Ball Step, Fwd., Ball Step, Mambo Fwd.

1-2RF back turning 1/4 left (9:00) - turn further 1/4 left stepping LF fwd. (6:00)

3&RF fwd - 1/4 turn left step on LF (3:00)

a4&aRF cross over LF - LF left - RF rock back - recover on LF

5-6RF rock back - recover on LF

a7RF ball step next to LF - LF fwd.

a8&aRF ball step next to LF - LF rock fwd. - recover on RF - LF back

[25-32] 1/4 Turn Right Big Step (Slide), Coaster Step, Fwd., Stationary 1/2 Turn Left, Ball Step, Coaster Step, Fwd, Stationary 1/2 Turn Right, Ball Step, Coaster Step, Stomp, Mambo Fwd.

11/4 turn right big step on RF (6:00) (sliding LF)

2&a3LF back - RF next to LF - LF fwd. - RF fwd. and turn 1/2 left in place (12:00)

a4&LF ball step next to RF - RF back - LF next to RF

a5RF fwd. - LF fwd. and turn 1/2 right in place (6:00)

a6&RF ball step next to LF - LF back - RF next to LF

a7LF fwd. - RF stomp fwd.

8&aLF rock fwd. - recover on RF - LF back

TAG: 8ct Tag - only in 1st wall after 16 & a counts (facing 12:00):

Right, Left Twinkle 1/4 Turn Left, Fwd. with Full Spiral Turn Left, Fwd., 1/4 Turn Left, 1/2 Turn Left, Right Twinkle, Cross Stomp

1RF right

2&a3LF cross over RF - RF right - LF next to RF turning 1/4 left (9:00) - RF fwd. with full spiral turn left (9:00)

4-5-6LF fwd. - 1/4 turn left (6:00) step on RF - 1/2 turn left step on LF (12:00)

7&aRF cross over LF - LF left - RF next to LF

8LF cross over RF stomping

Restart after the Tag facing 12:00

Start again - Enjoy!!

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