



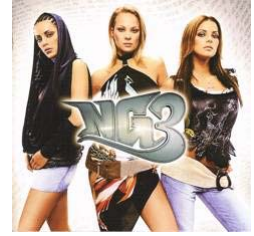
# Easy Does It

Choreographed by **Cato Larsen** (4. april 2005)

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<b>Description:</b>	16 counts, 4 Wall Line Dance.
<b>Level:</b>	Easy Beginner.
<b>Music:</b>	The Anthem – NG3.
<b>CD:</b>	NG3 – As Nasty As We Wanna Be (Sept. 2003).
<b>Intro:</b>	Start at vocals after 16 counts of heavy beat (29 seconds).
<b>Alt:</b>	School's Out – A*Teens.
<b>Motion:</b>	Funk.
<b>BPM:</b>	96

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- 1 – 8**            **Walk forward, Mambo Rock, Point, 1/4 turn, Head turn, Together, Side.**  
1,2            Step forward on right (1), Step forward on left (2).  
3&4            Step forward on right (3), Rock (recover) back onto left (&), Step back on right (4).  
5,6            Point left toe back (5), Pivot body (not the head) ¼ turn left (6).  
7&8            Turn head ¼ turn left (7), Step right beside of left (&), Step left to left side (8).
- 9 – 16**           **Back, Tap, Forward, Out, Punch arms forward, Hip Thrust.**  
1,2            Step back on right (1), Tap left toe to floor in front (2).  
Arms:           Punch left arm straight forward (1), Sweep right arm over your head (2).  
                  *(As you are combing your hair with your fingers).*  
3,4            Step forward on left (3), Step right slightly to right side (4).  
5,6            Reach forward with left arm (5), Reach forward with right arm (6).  
                  *(As you were grabbing the hips to the person in front of you)*  
7,8            Push pelvis forward & back twice (7,8).

*Start again – Smile!*