



# Easy Does It

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

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**Description:** 16 counts, 4 Wall Line Dance.

**Level:** Easy Beginner.

**Music:** The Anthem – NG3.

**CD:** NG3 – As Nasty As We Wanna Be (Sept. 2003).

**Intro:** Start at vocals after 16 counts of heavy beat (29 seconds).

**Alt:** School's Out – A\*Teens.

**Motion:** Funk.

**BPM:** 96

**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) 1/4 turn left (6).

7&8 Turn head 1/4 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!*