

Easy Does It

16 count, 4 wall, beginner level

Choreographer: Cato Larsen (Norway) Apr 2005
Choreographed to: The Anthem by NG3; School's Out
by A*Teens (96 bpm)

Intro: 16 count of heavy beat

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).

Choreographers Note:

This dance is perfect for absolute beginners, especially for the youngsters. Or use it as a party dance in birthday parties or bachelor parties. It fits the most of modern pop/disco & R&B music of today!
