

Annie's Workshop (Western Experience 2010)

Easy Does It

Choreographed by Nancy A. Morgan

Description: 32 count, 4 wall, beginner polka line dance

Music: **One Of The Guys** by Kellie Pickler [135 bpm / [Small Town Girl](#) (Available on iTunes)

Party Song by Darryl Worley

Higher Ground by The Red Hot Chili Peppers [[Greatest Hits](#) / [Center Stage Soundtrack](#)]

Start dancing on lyrics

TOE, HEEL, TRIPLE IN PLACE, TOE HEEL, TRIPLE IN PLACE

- 1-2 Toe-heel - touch right toes in towards left instep, touch right heel in towards left instep
- 3&4 Triple in place - step right, left, right
- 5-6 Toe-heel - touch left toes in towards right instep, touch left heel in towards right instep
- 7&8 Triple in place left, right, left

WALK, WALK, SHUFFLE FORWARD, FORWARD ROCK, SHUFFLE BACK

- 1-2 Step right forward, step left forward
- 3&4 Chassé forward right, left, right
- 5-6 Forward rock - forward on left, back on right
- 7&8 Shuffle back - left, right, left

BACK ROCK, STEP, ¼ TURN PIVOT, STOMP, KICK, BACK ROCK

- 1-2 Back rock - step back on right, step left forward
- 3-4 Step right forward, pivot ¼ turn to left (weight ends on left)
- 5-6 Stomp right next to left, kick right forward
- 7-8 Back rock - rock back on right, rock left forward

KICK TWICE, BACK ROCK, STEP TOGETHER, SIDE ROCK

- 1-2 Kick right forward twice (kick low then higher)
- 3-4 Back rock - step back on right, forward on left
- 5-6 Step right forward, step left together
- 7-8 Side rock - right foot out to right side, return to left

REPEAT