|  |  |
| --- | --- |
| AB T. I. E |  |

.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| . | | | | | | |
| **Count:** | 32 | **Wall:** | 1 | **Level:** | Absolute Beginner | . |
| **Choreographer:** | Janet Cummings (USA) - May 2019 | | | | |
| **Music:** | Take It Easy - Eagles : (Remastered 2013) | | | | |
| . | | | | | | |

**No Tags or Restarts**

**SECTION 1: SLOW SIDE MAMBOS, RIGHT AND LEFT**

|  |  |
| --- | --- |
| 1, 2, 3, 4 | R Rock to Side, Return Weight to L; R Step Together, L Touch |

|  |  |
| --- | --- |
| 5, 6, 7, 8 | L Rock to Side, Return Weight to R, L Step Together, R Touch |

**SECTION 2: K STEP**

|  |  |
| --- | --- |
| 1-4 | R Step Forward Diagonal, L Touch; L Step Back Diagonal, R Touch |

|  |  |
| --- | --- |
| 5-8 | R Step Back Diagonal, L Touch; L Step Forward Diagonal, R Touch |

**SECTION 3: RIGHT GRAPEVINE, LEFT GRAPEVINE**

|  |  |
| --- | --- |
| 1, 2, 3, 4 | R Step to Right, L Step Behind, R Step to Right, L Touch |

|  |  |
| --- | --- |
| 5, 6, 7, 8 | L Step to Left, R Step Behind, L Step to Left, R Touch |

**SECTION 4: SLOW FRONT MAMBO, SLOW BACK MAMBO**

|  |  |
| --- | --- |
| 1, 2, 3, 4 | R Rock Forward, Return Weight to L, R Step Together, L Touch |

|  |  |
| --- | --- |
| 5, 6, 7, 8 | L Step Back, Return Weight to R, L Step Together, R Touch |

**Begin again with Section 1**

**Note: Dancers: Learning Line Dance Terminology is paramount to your success.**

**Instructors: This is, and was intended to be a 1-Wall Absolute Beginner dance. Feel free to compensate for 2 or 4 Wall.**

**Just to Note: I do all of these AB dances in my bi-weekly Intermediate classes, and usually by adjusting the last section (2 or 4 steps) I can make them interesting and fun 4-Wall dances; Email me if I can help. To be clear, for this series…I am not in competition for Beginner+ Dances, tens of thousands already exist; Let’s help the rest to get there!**

**Studies show that Dance enhances Physical and Mental health! Lord, keep moving us a step at a time. Amen**

**Contact: jcummings246@aol.com**