

Ease Up

Description: 2-Wall/Contra Line Dance, 24 count, Beginner

Choreographed by: Suzanne Borgström – Nov 2005

Choreographed to: Let 'er rip by Dixie Chicks (150 BPM)

Cotton eye Joe by Rednex (132 BPM)

Note: *This dance is danced as a contra dance, preferably in two long lines, one in front of the other! When taking the first diagonal step to the right all are standing in one line, (some looking in one direction and some in the other direction) and when taking the second step diagonally to the left you now have your backs towards each other. After every wall you will have changed place with the person standing in front of you.*

Bearbetning av Maria Folkesson

Right point, Left point, Kick Right twice, Stomp twice.

1 – 2 Right foot points to the Right, Bring back Right foot next to Left.

3 – 4 Left foot points to the Left, Bring back Left foot next to Right.

5 – 6 Right foot kicks out twice.

7 – 8 Stomp Right foot, Stomp Left foot.

Forward steps diagonally, Grape vine Right.

9 – 10 Right foot steps forward diagonally to the Right, Stomp Left foot next to Right and clap hands.

11 – 12 Left foot steps forward diagonally to the Left, Stomp Right foot next to Left and clap hands.

13 – 14 Step Right to Right side, Step Left behind Right.

15 – 16 Step Right to Right side, Left stomp up next to Right.

Grape vine Left, Step turn, Stomp.

17 – 18 Step Left to Left side, Step Right behind Left.

19 – 20 Step Left to Left side, Right stomp up next to Left.

21 – 22 Step forward on the Right foot, Pivot 1/2 turn to the Left.

23 – 24 Step forward on Left foot, Stomp Right foot next to Left.

Repeat!
