

**Slow & Easy** (November 2021)

Choreographer : Ivonne Verhagen & Misuk La

Type of dance : 2 wall line dance

Level : Intermediate

Counts : 32

Intro: 16 counts. Start facing 06:00

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Music : Slow and Easy

Artist : Karen Waldrup

BPM : 96

[Dancevideo](#)

**S1: ½ Back Sweep, Back Sweep, Back Sweep, Weave, Rock ¼ Turn, Step, Step ½ Pivot, ½ Step**

1 Turn ½ right step left back sweep right from front to back (12:00)

2 Step right back sweep left from front to back

3 Step left back sweep right from front to back

4&a Step right behind left, step left to left, cross right over left

5-6 Rock left to left, turn ¼ right recover weight onto right (3:00)

7 Step left forward

8&a Step right forward, pivot ½ left transferring weight onto left, turn ½ left step right back (3:00)

**S2: ¼ Side, ¼ Step Sweep, Cross, Back Side Cross, Rock ¼ Turn, Step, Rock & ½ Step**

1-2 Turn ¼ left step left to left, turn ¼ right step right forward sweep left from back to front (3:00)

3 Cross left over right

4&a Step right back, step left to left, cross right over left

5-6 Rock left to left, turn ¼ right recover weight onto right (6:00)

7 Step left forward

8&a Rock right forward, recover weight onto left, turn ½ right step right forward (12:00)

**Restart Here on Wall 5**

**S3: Step Full Spiral, Step, ½ Back, Back Rock, Full Turn To Sweep, Weave Hitch, Behind, Side**

1-2& Step left forward spiralling full turn right, step right forward, turn ½ right step left back (6:00)

3-4& Rock right back, recover weight onto left, turn ½ left step right back (12:00)

5 Turn ½ left step left forward sweeping right from back to front (6:00)

6&7 Cross right over left, step left to left, step right behind left hitching left to left side

8& Step left behind right, step right to right

**S4: ⅛ Step Brush, Run Back, Back Rock ⅛ Turn, Full Turn To Sweep, Cross, Run Back, Back, ½ Step**

1 Turn 1/8 right step left forward brush right forward into a low kick (7:30)

2& Step right back, step left back

3-4 Rock right back, turn 1/8 left recover weight onto left (6:00)

&5 Turn ½ left step right back, turn ½ left step left forward sweeping right from back to front (6:00)

6& Cross right over left, step left back

7-8& Step right back, step left back, turn ½ right step right forward (12:00)