

# Take Myself Dancing Easy

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**Count:** 32

**Wall:** 4

**Level:** Improver

**Choreographer:** Joshua Talbot (AUS) - February 2023

**Music:** Flowers - Miley Cyrus

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**Intro:** Start just after lyrics start on the word “good” (approx. 8 Seconds into track)

This dance was choreographed for my Improver classes that were also wanting to dance to the song.

When split with the Intermediate version, it is floor friendly.

## **Section 1: SIDE ROCK, RECOVER, CROSS SHUFFLE, ½ L, CROSS SHUFFLE**

1, 2            Rock L to L, recover weight R  
3&4            Cross L over R, step R together, cross L over R  
5, 6            ¼ L step R back, ¼ L step L to L (6.00)  
7&8            Cross R over L, step L together, cross R over L

## **Section 2: SIDE ROCK, RECOVER, EXTENDED WEAVE, ¼ FWD**

1, 2            Rock L to L, recover weight R  
3, 4            Step L behind R, step R to R  
5, 6            Cross L over R, step R to R  
7, 8            Step L behind R, ¼ R step R fwd (9.00)

## **Section 3: ROCK FWD, RECOVER, SHUFFLE BACK, ROCK BACK, RECOVER, SHUFFLE FWD**

1, 2            Rock L fwd, recover weight R  
3&4            Step L back, step R together, step L back  
5, 6            Rock R back, recover weight L  
7&8            Step R fwd, step L together, step R fwd

## **Section 4: ¼ PADDLE, ¼ PADDLE, CROSS. ¼ BACK, ¼ SIDE, CROSS**

1, 2            Step L fwd, ¼ R taking weight R (12.00)  
3, 4            Step L fwd, ¼ R taking weight R (3.00)  
5, 6            Cross L over R, ¼ L step R back (12.00)  
7, 8            ¼ L step L to L, cross R over L (9.00)

**[32]**

**Restarts: Wall 2 – Dance till count 16 (Wall 2 starts 9 o'clock, restart to 6 o'clock)**

**Wall 5 – Dance till count 8 (Wall 5 starts 12 o'clock, restart to 6 o'clock)**

**Wall 7 - Dance till count 16 (Wall 7 starts 3 o'clock, restart to 12 o'clock)**

**Wall 11 – Dance till count 8 (Wall 11 starts 3 o'clock, restart to 9 o'clock)**

**NOTE:** There are sections before you start a new wall when the music goes, just keep dancing the beat kicks back in on count 2

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**Demos and Tutorials can be found on the website above, on all good step sheet sites & YouTube**