



EZ DUO

Choreographed by: **Wanda Heldt** - [Perth WA] - **March 2018**

Music: **Celtic Duo** by Anton & Sully

Description: 32 count - 4 Wall - Beginners Line dance - *No Tag or Restarts - but if you wish to restart when its a split floor-Please do.* To make it a **1 Wall** don't turn :-)

16 count heavy beat + 12 count accordion + 4 count silence then START

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Split floor for **Celtic Duo** *love it and the music is so different - Planing to teach it. but needed an Ez one for the beginners - never left out. :-).*

1. **ROCK FORWARD, RECOVER, TRIPLE ON THE SPOT**

- 1-2 Rock Right heel forward, Recover on Left.
- 3&4 Triple on the spot. R.L.R. [*or A Coaster step*]
- 5-6 Rock Left heel forward on Left, Recover on Right.
- 7&8 Triple on the spot L.R.L [*or A Coaster step*]

2. **& STEP FORWARD, ROCK, RECOVER, SHUFFLE BACK, BACK, RECOVER, RIGHT KICK BALL CHANGE**

- &1-2 Step on Right, Rock forward on Left, Recover on Right
- 3&4 Shuffle back.L.R.L.
- 5-6 Rock back on Right, Recover on Left.
- 7&8 Kick Right forward, (&) step onto ball of Right foot next to Left foot, Place Left foot onto floor on the same spot.

3. **KICK RIGHT FRONT, SIDE SAILOR STEP KICK LEFT FRONT, 1/4 TURN LEFT KICK SIDE, SAILOR STEP**

- 1-2 Kick Right toe forward, Kick Right toe to Right side.
- 3&4 Step Right behind left. Step Left in place. Step Right to Right side.
- 5-6 Kick Left toe forward, **1/4 Left** Kick Left toe to Left side. [9]
- 7&8 Step Left behind Right. Step right in place. Step Left to Left side.

Or a Harder option :-).....

TAP RIGHT HEEL, STEP, 1/4 TURN LEFT, TAP LEFT, STEP, RIGHT DOUBLE HEEL TAPS

LEFT, RIGHT, HEEL TAPS, LEFT DOUBLE HEEL TAPS

- 1& Tap Right Heel forward, Step Right together
- 2& 1/4 turn Left Tap Left Heel forward, Step Left together [9]
- 3&4 Turn Tap Right Heel forward, Tap Right forward & Step Right together
- 5& Tap Left Heel forward, Step Left together
- 6& Tap Right Heel forward, Step Right together
- 7&8 Tap Left Heel forward, Tap Left Heel forward & Step left together

[The above step can be hard on one's knees or hips - so be carefully]

HAVE FUN AND Mix it up 1 wall of Heel's heels's / I wall of touch, touch Sailors steps

4. **SIDE ROCK, RECOVER, CROSS SHUFFLE, ROCK FORWARD, RECOVER, COASTER STEP**

- 1-2 Rock Right to Right side, Recover on Left.
- 3&4 Cross Right over Left, Step Left next to Right, Cross Right over Left.
- 5-6 Rock forward on Right, Recover on Left.
- 7&8 Step back on Left, Step Right next to Left, Step Left forward.

When you rock to right side on Ct. 1-2 bring both arms up to shoulder level, left arm extended to left, right arm bent across body, swing arms down and across body to make opposite arm movements when you rock on Ct. 5-6 to left side)

Restart.....HAVE FUN IN LIFE & IN DANCE