

# Take Myself Dancing Easy

**Choreographer:** Joshua Talbot (Feb 2023)  
**Music:** Flowers – Miley Cyrus (3.19min)  
**Level:** Improver: 4 Wall  
**Counts:** 32 Counts   **Extras:** 4 restarts (see below)  
**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, 1/2 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**           1/4 L step R back, 1/4 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, 1/4 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, 1/4 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: 1/4 PADDLE, 1/4 PADDLE, CROSS. 1/4 BACK, 1/4 SIDE, CROSS

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

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**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

**Joshua Talbot: +61 407 533 616**   [jbtalbot@iinet.net.au](mailto:jbtalbot@iinet.net.au)   [www.jbtalbot.com](http://www.jbtalbot.com)  
Demos and Tutorials can be found on the website above, on all good step sheet sites & YouTube