

Take It From Jason

Count: 52

Wand: 0

Ebene:

Choreograf/in: Donna Laurin (CAN)

Musik: Take It From Me - Jason McCoy



- 1-4 Rolling left vine (touch right)
5-8 Rolling right vine (weight on left)
9-10 Touch right toe beside left foot, touch right heel beside left foot
11-12 3-step shuffle forward (right-left-right)
13-14 Touch left toe beside right foot, touch left heel beside right foot
15-16 3-step shuffle backward (left-right-left)
17-18 Rock back on right, rock forward on left
19-20 Kick right foot forward, kick right foot to the side
21-22 Sailor shuffle * (right-left-right)
23-24 Kick left foot forward, kick left foot to the side
25-26 Sailor shuffle * (left-right-left)
- 27-30 Two ball pivots **
31-34 Step right foot forward swaying hip forward, sway hip back, sway hip forward, sway hip back
35-38 Step left foot back swaying hip back, sway hip forward, sway hip back, sway hip forward
39-42 Step side right, left behind, step side right, left behind
43-44 Step side right, touch left to right
45-48 Step side left, right behind, step side left, right behind
49-50 Step ¼ turn left on left, touch right beside left
51-52 Step side right, touch left

REPEAT

* Sailor Shuffle: shuffle step starting with a cross behind

** Ball Pivot: 1-touch right heel forward, 2- Pivot on the ball of Left foot, ¼ turn to the left, at the same time touch right toe next to left