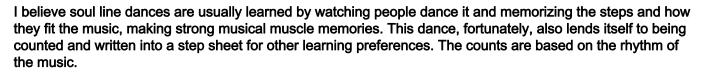
# STL Take It

Count:64Wall: 2Level:High IntermediateChoreographer:Jeremy Sims (USA) & Kris White (USA) - February 2025Music:Take It from Here - Justin Timberlake



INTRO The dance starts with two RL running steps before singing starts (on counts 8&).

# PART 1: 16 COUNTS

STEP, HOLD/LIFT, STEP, QUARTER TURN LEFT BOUNCING TURN, RIGHT SAILOR STEP, LEFT SAILOR STEP

- 12& 3 Stomp on right foot (hold it for counts 1,2), lift right foot count 2&), stomp right on count 3
- 4& Make quarter turn left bouncing on feet twice for count 4 and count &
- 5&6 7&8 Left sailor step, right sailor step

#### POINT LEFT, POINT RIGHT, POINT/LIFT RIGHT FOOT FORWARD, HALF TURN LEFT, STEP GLIDES

- 1 &2& Point left for count 1, step on left, point right on 2, recover on right on &
- 3&4 Kick/point left foot forward putting heel down and toes up for 3, recover on left, step on right for 4
- 5 6 7 Step on left making half left turn, step on right/letting left foot glide back, step on left/glide right

# REPEAT PART 1 ON BACK WALL TO END RETURNING TO FRONT WALL

#### PART 2: 16 COUNTS

# SWIVELS RIGHT AND LEFT, REPEAT, WALK TO LEFT, STEP TURN, TO RIGHT, STEP TURN

- 1 2 3 4 Swivel right, swivel left, swivel right, swivel left
- 5 6& 7 8& Walk left stepping on right, left, right for half turn right
- 7 8& Then reverse step left, right, left for half turn left, recover left facing front

# WALKING RIGHT QUARTER TURN, HEELS OUT IN OUT, QUARTER PADDLE TURN RIGHT USING LEFT FOOT

- 1 2& 3&4 Make a quarter turn right stepping on right for 1, left for 2, right for &, left for 3, stomp on right for 4
- &5& Swivel right heel out in out end up facing 6:00
- 6 7 8 Step on right for 5, paddle steps quarter turn right with left for counts 6, 7 and 8

# REPEAT PART 2 TO FACE FRONT WALL REMEMBERING WHEN YOU HIT THE FRONT WALL TO DO THE INTRO ON 8&

**REPEAT PART 1** 

#### **REPEAT PART 2**

# PART 3: 16 COUNTS

# FORWARD BACK AND SIDE MAMBOS, LEFT KNEE LIFT

- 1&2 3&4 Rock up on right, recover left then right, rock back on left, recover right then left
- 5&678 Rock side on right, recover left then right, rock side on left for 7, freeze

# LIFT LEFT KNEE, COASTER STEP, RIGHT TAP HOLD, RIGHT FOOT PADDLE HALF LEFT TURN

- 1 2&3 4& Lift left leg, left coaster step, tap right foot forward freeze
- 5 6 7 8 Paddle with right foot to complete half left turn





### **REPEAT PART 3 TO RETURN TO FRONT WALL**

#### REPEAT PART 1 REPEAT PART 2

#### PART 4: COUNTS 16 COUNTS

SIDE ROCKS RIGHT LEFT RIGHT LEFT, RIDE ROCKS LEFT RIGHT LEFT RIGHT PUSH STEP

- 1 2 3 4 Side rock, right, left, right, left
- 5 6 7 8 Side rock left, right, left, right push step

#### HALF TURN RIGHT, THREE MORE SIDE ROCKS LEFT RIGHT LEFT, SIDE STEP LEFT,

- 1 2 3&4 Complete right turn, rock left, rock right, side cha cha LR
- 5 6 7 8 Side step left/sink, do three hip rolls leaning left

**REPEAT PART 4 TO RETURN TO FRONT WALL** 

**REPEAT PART 3 TWICE** 

**KEEP REPEATING PART 4 TILL END OF DANCE** 

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