

# Take A Bite

**COPPER** **KNOB**  
STEPSHETS

**Compte:** 32

**Mur:** 4

**Niveau:** Intermediate

**Chorégraphe:** Peter Metelnick (UK) & Alison Metelnick (UK)

**Musique:** Forbidden Fruit - Jessica Simpson



**1-8 R forward, L  
kick-bump-flick,  
L sailor step, ¼  
R sweep into R  
rock back &  
recover  
1-2 Step R  
forward, kick L  
forward on L  
diagonal  
3-4 Stepping L  
to L side bump  
hips L,  
switching weight  
on R foot flick L  
to L side  
5&6 Cross step  
L behind R, step  
R to R side,  
step L to L  
7-8 Turning ¼ R  
rock R back,  
recover weight  
on L**

**9-16 R forward  
rock & recover,  
R together, L  
forward, ½ R  
pivot turn, L  
forward rock &  
recover, L  
together, ¼ R  
heel grind  
1-2 Rock R  
forward, recover  
weight on L  
& Step R  
together  
3-4 Step L  
forward, pivot ½  
R  
5-6 Rock L  
forward, recover  
weight on R  
& Step L  
together**

7-8 Touch R  
heel to R side  
turning, grind R  
heel right  
turning  $\frac{1}{4}$  R  
(weight remains  
on L)

**&17-24 R back,  
L heel forward,  
hold, R heel  
jack, R ball  
cross, R heel up  
& down, L  
forward, R  
touch behind**

&1-2 Step R  
back, touch L  
heel forward,  
hold

&3 Step L back,  
cross step R  
over L

&4 Step L to L,  
touch R heel  
forward

&5 Step R to R,  
cross step L  
over R

&6 Raise R  
heel, press R  
heel down with  
weight ending  
on R

7-8 Step L  
forward, touch  
R behind L

**25-32  $\frac{1}{4}$  R  
back,  $\frac{1}{4}$  L & L  
forward, R  
forward,  $\frac{1}{2}$  L  
pivot turn, R  
together, L  
syncopated  
vine**

1-2 Turning  $\frac{1}{4}$  R  
step R back,  
turning  $\frac{1}{4}$  L step  
L forward

3&4 Step R  
forward, pivot  $\frac{1}{2}$   
L, step R  
together

5 Step L to L

6& Cross step R  
behind L,  
turning  $\frac{1}{4}$  L step  
L forward

7-8 Step R  
forward, step L  
slightly forward

**Restart 1:**

Facing R side  
wall the first  
time around.  
Dance the first 8  
counts of the  
dance which will  
take you to the  
back wall. Add  
the following 2  
COUNTS ?  
Step R forward,  
pivot  $\frac{1}{2}$  L (this  
takes you to the  
front wall). Start  
the dance  
again.

**Restart 2:**

4 walls later  
after the first  
restart you will  
be facing the  
front wall.  
Dance the first  
18 counts of the  
dance which will  
take you to the  
front wall. Add  
the following 2  
COUNTS ?  
&1-2: Step L  
back, touch R  
together, hold.  
Now restart the  
dance.

**Dance ends  
facing front wall.**

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