

Take A Pill

COPPERKNOB
STEPSHETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Michael Diven (USA) - June 2016
音乐: I Took a Pill in Ibiza (Seeb Remix) - Mike Posner



Intro: 32 counts, start dancing on the lyrics

Step, Lock, Locking Shuffle, Rock, Recover, ¼ Turning Shuffle

- 1-2 Step forward on right foot, lock left foot behind right foot
- 3&4 Step forward on right foot, lock left foot behind right foot, step forward on right foot
- 5-6 Rock forward on left foot, recover weight back on right foot
- 7&8 Pivot ¼ turn left stepping left foot to left side, step right foot next to left foot, step left foot to left side

Turning Grapevine, Point, Grapevine w/ ½ Turn

- 1-2 Cross step right foot over left, pivot ¼ turn right stepping back on left foot
- 3-4 Pivot ¼ turn right stepping right foot to right side, point left toe to left side
- 5-6 Step left foot to left side, step right foot behind left foot
- 7-8 Pivot ¼ turn left stepping forward on left foot, pivot ¼ turn left stepping right foot to right side

(Intermediate dancers can complete 1 ½ turns to the left on counts 5-8)

- 5-6 Pivot ¼ turn left stepping forward on left foot, pivot ½ turn left stepping back on right foot
- 7-8 Pivot ½ turn left stepping forward on left foot, pivot ¼ turn left stepping right foot to right side

Cross Behind, Point, Cross Step, Point, Cross Behind, Point, Cross Step, Point

- 1-2 Step left foot behind right foot, point right toe to right side
- 3-4 Cross step right foot over left, point left toe to left side
- 5-6 Step left foot behind right foot, point right toe to right side
- 7-8 Cross step right foot behind left foot, point left toe to left side

Left Sailor, Right Sailor, Touch, Hold, ½ Turn Unwind

- 1&2 Step left foot behind right foot, step right foot to right side, step left foot next to right foot
- 3&4 Step right foot behind left foot, step left foot to left side, step right foot to right side
- 5-6 Touch left toe behind right foot, hold
- 7-8 Unwind ½ turn to the left (weight ends up on the left foot)

RESTART