

Take It High

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Rebecca Lee (MY) - October 2017
音乐: Take It High by GRIZ



Start dance after 32 counts

S1: STEP KICK, BEHIND SIDE ¼ STEP, SIDE ROCK CROSS, STEP HEEL BOUNCE

1,2 Step R forward (1), Kick L diagonal L (2)
3&4 Step L behind R (3), Step R to R (&), ¼ turn R step L forward (4)
5&6 Rock R to R side (5), Recover L (&), Cross R over L (6)
7&8 Step L beside R (7), lift both heel up (&), bring both heel down (8) (3.00)

S2: SIDE TOGETHER SIDE, ¼ TURN SIDE TOGETHER SIDE, CHARLESTON STEP

1&2 Step R to R side (1), Step L beside R (&), Step R to R side (2)
3&4 ¼ turn L Step L to L side (3), Step R beside L (&), Step L to L side (5) (12.00)
5,6 Step R forward (5), Touch L toe forward (6)
7,8 Step L back (7), Touch R toe back (8)

S3: CAMEL WALK ¼ TURN, ROCK, ½ TURN BEHIND SIDE FORWARD

1 Step R forward with straight leg while slide R beside L with push knee forward (1)
2 Step L forward with straight leg while slide R beside R with push knee forward (2)
3 Step R forward with straight leg while slide R beside L with push knee forward (3)
4 ¼ turn L Step L forward with straight leg while slide R beside R with push knee forward (4) (9.00)
5,6 Rock R forward (5), Recover L (6)
7&8 ¼ turn L Step R back (7), Step L to L (&), ¼ turn L step R forward (8)(3.00)

S4: SKATE, SKATE, ¼ TURN KICK BALL POINT, ELVIS KNEE, ½ TURN STEP

1,2 Skate L to L side (1), Skate R to R side (2)
3&4 Kick L forward (3), ¼ turn step L to L (&), Point R to R side (4)(12.00)
5,6 Pop L knee forward(&) , Pop R knee forward with a little prep to turn (6)
7,8 Recover R (7) , ½ turn R Step L beside R (8) (6.00)

S5: HEEL SWITCH, STEP HOOK, COASTER STEP, ¼ TURN SLIDE STEP

1&2& R heel forward (1), Recover R beside L (&), L heel forward (2), Recover L beside R (&)
3,4 Step R forward (3), Hook L behind R knee (4) (like a figure 4)
5&6 Step L back (5), Step R beside L (&), Press L forward (6)
7,8 ¼ turn R slide R back (7), Step L beside R (8) (9.00)

S6: DOROTHY R, DOROTHY L, STEP TOUCH, SIDE BEHIND SIDE

1,2& Step R forward (1), Lock L behind R (2), Step R forward (&)
3,4& Step L forward (3), Lock R behind L (4), Step L forward (&)
5,6 Step R to R side (5) , Touch L behind R (6)
7&8 Step L to L side(7), Step R behind L (&), Step L side (8)

S7: HEEL STRUT R, HEEL STRUT L, ½ TURN WALK

1,2 Step R heel to R diagonal (1), Step R toe onto floor taking weight onto foot (2)
3,4 Step L heel to L diagonal (3), Step L toe onto floor taking weight onto foot (4)
5,6,7,8 ½ turn R walk with R,L,R,L (3.00)

S8: MAMBO R,MAMBO L, ARM MOVEMENT, WALK R,L

1&2 Rock R to R Side (1), Recover L (&), Step R beside L (2)

(arm movement: point R hand to R diagonal (1), circular hand inward where it pass thru the shoulder n continue the circular to out(&), and bring it down to side(2)

3&4 Rock L to L side(3), Recover R(&), Step L beside R(4)

(arm movement: point L hand to L diagonal (1), circular hand inward where it pass thru the shoulder n continue the circular to out(&), and bring it down to side(2)

5&6 Bring both hand up like showing your muscle (5), bring R hand inward at the same time bring L hand inward making a X (&) , and bring both hand down to side beside the hip (6)

7,8 Walk R forward (7), Walk L forward (8)

Tag : ON end OF walls 3, 6, and 9

TOE SWITCHES, KICK BALL STEP, HEAD MOVEMENT

1&2& Touch R to R side (1), Step R beside L (&), Touch L to L (2), Step L beside L (&)

3&4& Touch R toe forward (3), Step R beside L (&), Touch L toe forward (4), Step L beside R (&)

5&6 Kick R forward (5), Step R back (&), Touch R forward(6)

7,8 Head look back(7), head look forward (8)

JUMP OUT, CROSS UNWIND FULL TURN, HAND MOVEMENT

1&2 Jump R out to the R side (1), L recover weight to L (while jumping onto it) (&) Cross R over L (2)

3,4 Unwind full turn L

5&6,7,8 Step R to R side(5), Hold (6,7,8) (while bring hand up from side to head on count 5-8)

(End: on wall 9 - COUNT 12, make a unwind ½ turn instead of unwind full turn.

You will be facing 12.00)

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