

AB Take It From Me

COPPER KNOB
BY SHEETS

拍数: 16 墙数: 4 级数: Ultra Beginner
编舞者: Heather Clark - June 2018
音乐: Take It From Me - Jordan Davis : (CD: Home State - iTunes - 2:54)



It can be done to all kinds of songs and tempos! Have fun!

Alt. Music:

Love Somebody - Maroon 5 || Let it Whip – Dazz Band || Too Cool to Dance – Eden Xo || Think About You – Delta Goodrem || Centerfold - J Geils Band || Done For Me - Charlie Puth (feat. Kehlani) || Get Down Tonight - KC and the Sunshine Band

Intro: 16 counts - Starts on vocals, NO TAGS, NO RESTARTS

[1 – 8] SKATE, SKATE, R SHUFFLE FORWARD, SKATE, SKATE, L SHUFFLE FORWARD

1-2 Skate R forward, Skate L forward
3&4 Shuffle forward diagonal R, L, R
5-6 Skate L forward, Skate R forward
7&8 Shuffle forward diagonal L, R, L

[9 – 16] CROSS R, ROCK, RECOVER, CROSS L, ROCK, RECOVER, TWO 1/8 PIVOT TURNS LEFT

1&2 Rock R across L, recover on L, step R out to right
3&4 Rock L across R, recover on R, step L out to left
5-6 Step R slightly forward, Pivot 1/8 turn left (weight on L) (10:30)
7-8 Step R slightly forward, Pivot 1/8 turn left (weight on L) (9:00)

Start again!

Styling: I like to add some “sass” to the pivot turns and roll my hips around with each pivot turn.

See you on the dance floor!

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