

Take It From Me!

拍数: 32 墙数: 4 级数: Easy Intermediate
编舞者: Lisa Bodnar (USA) - February 2019
音乐: Take It From Me - Jordan Davis



***Restart on wall 3 after 1st 16 counts (Restart will occur on start of second verse)**

Intro: Start on vocals

(1-8) Wizard Steps, Side Touches, Forward Touch/Push Off ½ Turn, Step R

1-2& Step R diagonally forward right, lock left behind right, step right diagonally forward
3-4& Step L diagonally forward left, lock right behind left, step left diagonally forward
5-6 Touch R toe out to right side, switch and touch L toe out to L side
&7-8 Bring L foot back in(&) and touch R toe forward/push off into a ½ turn over R shoulder (7),
stepping weight onto R after the turn is complete (on 8)

(9-16) Step L, Cross Behind, Side Shuffle R with ½ Turn, Double Heel Jacks

9-10 Step L foot out to L side, cross and touch R toe behind L foot (weight will stay on L)
11&12 Step R foot out to right while making ¼ turn to R, bring L up to meet R and step R foot
forward again making another ¼ turn (½ turn total)

(*For styling purposes you can angle slightly L at 10:00 when doing the heel jacks)

13&14 Weight on R foot, L heel goes forward, step L down putting weight onto L foot and bring R toe
up to touch next to L
&15&16 Step back on to R and bring L heel forward, step L down putting weight onto L foot and bring
R toe up to touch next to L

(*Restart occurs here)

(17-24) Big Slide R, Rock Recover, Slide L with ¼ Turn Rock Recover, Step, Hold, R Shuffle Forward

17-18& Take a big step to R, rock back onto L and recover onto R
19-20& Take big step L left while starting to make a ¼ turn R, finish off the turn by rocking back onto
R and recovering onto L.
21-22 Step forward onto R, hold
&23&24 Step quickly onto L on "&" and shuffle forward R-L-R

(25-32) Mambo Forward, Mambo Back, Triple Full Turn, Sway Hips Right, Left

25&26 Rock forward onto L (25), recover back onto R(&) step L next to R(26)
27&28 Rock backward onto R (27), recover back onto L(7), step R next to L (28) – Weight will
transfer onto the R
29&30 Triple step full turn right by stepping L over R and making ¼ turn, step onto R while making ½
turn and stepping onto L while making another ¼ turn.
31-32 Step R out to R while pushing hips to the R, sway hips to the left by shifting weight over to
the L

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