

Take It

拍数: 32 墙数: 4 级数: Beginner
编舞者: Taren Wilhelm (USA) - February 2019
音乐: Take It From Me - Jordan Davis : (iTunes)
或: Holiday Party - Dan + Shay



(Take It From Me) INTRO: start the dance at the beginning of the first verse (lyrics: "I think...")
(What a Beautiful Day) INTRO: start the dance at the beginning of the first verse (lyrics: "Day 1"...16counts from percussion and piano restart)

[1 -8] Alternating ("Rock & Cross") 2x, Step-Lock-Step, Step Pivot 1/2-turn

1& 2 R side out, recover on the L, R cross in front
3& 4 L side out, recover on the R, L cross in front
5& 6 R step fwd, L "lock" behind, R step fwd
7 - 8 L step fwd pivot 1/2 turn over right shoulder, weight transfer to R [6:00]

[9 -16] Repeat 1st 8 count starting with Left: Alternating ("Rock & Cross") 2x, Step-Lock-Step, Step Pivot 1/2-turn

1& 2 L side out, recover on the R, L cross in front
3& 4 R side out, recover on the L, R cross in front
5& 6 L step fwd, R "lock" behind, L step fwd
7 - 8 R step fwd pivot 1/2 turn over left shoulder, weight transfer to L [12:00]

[17 - 24] Grapevine to the Right, Rolling Grapevine to the Left

1 - 4 R side step, L cross behind, R side step, L together/touch
5 - 8 L side step landing toes pointed 1/4 turn ("prep"), 3/4 turn on R foot, L side step, R together [12:00]

[25 - 32] Mambo steps fwd and back, Double Hip Bumps (to the Right) then Double Hip Bumps to the Left with 1/4-turn flick

1 & 2 R rock fwd with hip action, L step in place and R recover with hip action
3 & 4 L rock back with hip action, R step in place and L recover with hip action
5 & 6 R steps to side with hips pushing out(5) settle (&) out (6)
7 & 8 Hips push out (7) settle/load (&) push off of Right foot with a flick to make a 1/4 turn over left shoulder (8) transferring weight to the L leg with R leg free to restart the dance with the R side step out [9:00]

Restart on 3rd wall after 16 counts at the start of the 2nd verse (lyrics: "Baby, you...")

Happy Dancing!

Questions: Taren at bootsonthebeachdancing@gmail.com

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