

I Can Take It From There

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Easy Intermediate
编舞者: Maili Põldpere (EST) - December 2019
音乐: I Can Take It from There - Chris Young



SECTION 1- SIDE, CROSS ROCK, SYNCOPATED CHASSE LEFT, MAMBO BACK

1-3 Step RF side, cross rock LF over RF, recover RF
4&5 Step LF side, step RF next to LF, step LF side
&6&7 Step RF next to LF, step LF side, step RF next to LF, step LF side
8&9 Rock RF back, LF recover, step RF fwd

SECTION 2- ½ TURN R, LOCK STEP FWD, TOUCH STEP 2X

10-11 Step LF fwd, step RF fwd turning ½ to R (06:00)
12&13 Step LF fwd, lock RF behind LF, step LF fwd
14-15 Touch R toe fwd with hip pump, step RF fwd
16-17 Touch L toe fwd with hip pump, step LF fwd

SECTION 3- ROCK FWD, BACK LOCK STEP, ¼ TURN L, TOUCH, ¼ TURN R, FLICK, STEP

18-19 Rock RF fwd, recover LF
20&21 Step RF back, lock LF in front of RF, step RF back
&22 Step LF side turning ¼ L (03:00), touch R toe side
&23-24 step RF in place turning ¼ R (06:00), flick LF, step LF fwd

SECTION 4- TURN ½ L, TRIPPLE OUT-IN-IN 2X

25-26 Step RF forward turning ¼ R with hip roll, recover LF (03:00)
27-28 Step RF forward turning ¼ R with hip roll, recover LF (12:00)
29-30& Step RF side, step LF next to RF, step RF next to LF
31-32& Step LF side, step RF next to LF, step LF next to RF

SECTION 5- SIDE, ¼ TURN L, STEP FWD, LOCK STEP FWD, HALF DIAMOND R

33-35 Step RF side, step LF next to RF turning ¼ L (09:00), step RF fwd
36&37 Step LF fwd, lock RF behind LF, step LF fwd
38&39& Cross RF over LF, step LF side, step RF diagonally back (10:30), high L knee
40&41 Step LF back, step RF side turning 1/8 R (12:00), cross LF over RF

SECTION 6- SIDE ROCK, TOUCH, HEEL, CROSS, ½ TURN R

42-44 Rock RF side, recover LF, step RF next to LF
45&46& Touch L toe next to RF, step LF next to RF, touch R heel fwd, step RF next to LF
47-48 Cross LF over RF, on ball of LF turn ½ R (06:00)