

Take a Hint

拍数: 32 墙数: 4 级数: Improver
编舞者: Caylin Knott (USA) - June 2024
音乐: Take a Hint (feat. Victoria Justice & Elizabeth Gillies) - Victorious Cast



#32 count intro (dance begins on lyrics, approx. 14 secs. into track).

***3 TAG/RESTARTS:

*1st tag is 8 counts, occurring twice on the 2nd and 5th walls after 24 counts (see below).

*2nd tag is 12 counts, occurring once on the 8th wall after 24 counts (see below).

*1 RESTART: Occurs on 4th wall after 16 counts.

[1 – 8] (12:00) — RF KICK-BALL-CROSS (LF over RF). RF ROCK-AND-CROSS (RF over LF). HOLD. LF HOP BACK, RF CROSS OVER LF. ½ TURN CCW — (6:00)

1 & 2 RF kick [1] RF ball [&], LF cross over RF [2] — 12:00
3 & 4 RF right side rock [3] LF hop back [&], RF cross over LF [4] — 12:00
5 & 6 Hold [5], LF hop next to RF [&], RF cross over LF [6] — 12:00
7, 8 Pivot left ½ turn (ccw) [7, 8] — 6:00

[9 – 16] (6:00) — BODY ROLL. LEFT HITCH-KICK with ½ TURN LEFT (CCW). ROCK LEFT/RECOVER. WEAVE RIGHT — (12:00)

1, 2 Body roll [1, 2] — 6:00
3, 4 Left hitch [3], kick out with ½ turn left (ccw) [4] — 12:00
5, 6 LF left side rock [5], rock (recover) back onto RF [6] — 12:00
7 & 8 LF step behind RF [7], RF step next to LF [&], LF cross over RF [8] — 12:00

[17 – 24] (12:00) RF HEEL GRIND with ¼ TURN RIGHT (CW), RIGHT COASTER, LF FWD, RF STEP ½ PIVOT. HOLD — (9:00)

1, 2 RF Heel grind [1] ¼ turn right (cw) [2] — 3:00
3 & 4]RF step back [3], LF next to RF [&], RF step fwd [4] — 3:00
5, 6 LF step forward [5], RF step forward [6] — 3:00
7, 8 ½ turn left (ccw) [7], hold [8] — 9:00

[25 – 32] (9:00) FOUR PONY STEPS FWD (R/L, R/L). RF STEP OUT RIGHT, LF STEP OUT LEFT. HIP ROLL CCW — (9:00)

1, 2 RF pony step fwd [1]. LF pony step fwd [2] — 9:00
3, 4 RF pony step fwd [3]. LF pony step fwd [4] — 9:00
5, 6 RF step out to the right [5], LF step out to the left [6] — 9:00
7, 8 Roll hips counterclockwise [7, 8] — 9:00

Start again or start tag.

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TAG/RESTART #1: 8 counts, occurring twice on the 2nd and 5th walls after 24 counts.

[1 – 8] RF HEEL, HOLD. LF HEEL, HOLD. RF HEEL. LF HEEL. CROSS (R OVER L), UNWIND (CCW).

1, 2 RF heel forward [1]. Hold [2]
3, 4 Switch LF heel forward [3]. Hold [4]
5, 6 Switch RF heel forward [5], Switch LF heel forward [6]
7, 8 Cross ankles (RF over LF) [7], “Unwind” into a full right turn (ccw) [8]

TAG/RESTART #2: 12 counts, occurring once on the 8th wall after 24 counts.

[1 – 12] RF CROSS-STEP FWD. HOLD. LF CROSS-STEP FWD. UNWIND ½ TURN (CW). BEND FWD. POP UP.

1 – 4 RF cross-step in front of LF [1]. Hold [2, 3, 4]
5, 6 LF cross-step in front of RF [5]. Unwind ½ turn [6]

7, 8 Bend forward [7]. Hold [8]
9-12 Pop up [9]. Pose/Hold [10, 11, 12]

Last Update: 29 Jun 2024
