

Take It Back

拍数: 48 墙数: 0 级数:
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音乐: Take It Back - Reba McEntire



POINT, STEP, POINT, STEP, KICK BALL CHANGE, WALK, WALK

- 1-2 Point right toe to right side, step right foot forward
- 3-4 Point left toe to left side, step left foot forward
- 5&6 Kick right foot forward, step onto ball of right foot, step onto left foot
- 7-8 Walk forward right, left

STEP, ½ TURN, TOE BACK, ½ TURN, TRIPLE ½ TURN, COASTER STEP

- 9-10 Step forward onto right foot; turn left ½ keeping weight on right foot
- 11-12 Touch left toe back; make ½ turn left onto left foot
- 13&14 Continue turning left, triple half turn, stepping right, left right
- 15&16 Step back onto left foot, step together with right foot, step forward onto left foot

- 17-32 Repeat counts 1-16 above

TOE, HEEL, STEP SLIDE, TOE, HEEL, STEP SLIDE

- 33-34 Touch toe of right foot to instep of left, (at the same time swivel left heel to right,), touch heel of right foot forward at right diagonal (at same time swivel left toe to right,)
- 35-36 Step long stride to right side with right foot, slide left foot next to right and touch
- 37-38 Touch toe of left foot to instep of right, (at the same time swivel right heel to left), touch heel of left foot forward at left diagonal, (at the same time swivel right toe to left)
- 39-40 Step long stride to left side with left foot, slide right foot next to left and touch

SHUFFLE FORWARD, HALF TRIPLE TURN, HALF TRIPLE TURN, QUARTER TRIPLE TURN (ONE AND A QUARTER TURN TO THE RIGHT,)

- 41&42 Shuffle forward, stepping right, left, right
- 43&44 Triple half turn to right, stepping left, right, left
- 45&46 Triple half turn to right, stepping right, left, right
- 47&48 Triple quarter turn to right, stepping left, right, left

REPEAT
