

# Take It From Jason

COPPER KNOB  
STEPSHEETS

拍数: 52      墙数: 0      级数:  
编舞者: Donna Laurin (CAN)  
音乐: Take It From Me - Jason McCoy



- 1-4            Rolling left vine (touch right)  
5-8            Rolling right vine (weight on left)  
9-10          Touch right toe beside left foot, touch right heel beside left foot  
11-12        3-step shuffle forward (right-left-right)  
13-14        Touch left toe beside right foot, touch left heel beside right foot  
15-16        3-step shuffle backward (left-right-left)  
17-18        Rock back on right, rock forward on left  
19-20        Kick right foot forward, kick right foot to the side  
21-22        Sailor shuffle \* (right-left-right)  
23-24        Kick left foot forward, kick left foot to the side  
25-26        Sailor shuffle \* (left-right-left)
- 27-30        Two ball pivots \*\*  
31-34        Step right foot forward swaying hip forward, sway hip back, sway hip forward, sway hip back  
35-38        Step left foot back swaying hip back, sway hip forward, sway hip back, sway hip forward  
39-42        Step side right, left behind, step side right, left behind  
43-44        Step side right, touch left to right  
45-48        Step side left, right behind, step side left, right behind  
49-50        Step ¼ turn left on left, touch right beside left  
51-52        Step side right, touch left

## REPEAT

\* Sailor Shuffle: shuffle step starting with a cross behind

\*\* Ball Pivot: 1-touch right heel forward, 2- Pivot on the ball of Left foot, ¼ turn to the left, at the same time touch right toe next to left