

Take It From Me

COPPERKNOB
BY STEPHEN METZ

拍数: 32 墙数: 2 级数: Beginner
编舞者: Matt Jenkins (UK)
音乐: Take It From Me - Paul Brandt



HEEL STRUT TWICE, JAZZ BOX

1-4 Strut right heel snap toe down, left heel snap toe down
5-8 Cross right over left, step left back, step right in place, step together with left

HEEL STRUT TWICE, STEP, HOLD, ½ TURN HOLD

9-12 Strut right heel snap toe down, left heel snap toe down
13-16 Step right slightly forward, hold, ½ turn hold

RIGHT FORWARD SHUFFLE, LEFT FORWARD SHUFFLE, RIGHT STEP FORWARD HOLD & ROCK FORWARD

17&18 Right shuffle forward (right, left, right)
19&20 Left shuffle forward (left, right, left)
21-22 Step forward on right, hold
&23-24& Step left in place of right, rock forward onto right

RIGHT BACKWARDS SHUFFLE, LEFT BACKWARDS SHUFFLE, ROCK BACK RECOVER, ½ TURN

25&26 Right shuffle back (right, left, right)
27&28 Left shuffle back (left, right, left)
29-30 Rock back on right, recover onto left
31-32 Step right slightly forward and ½ turn

REPEAT
