

# Take It From Me

**COPPER KNOB**  
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



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## 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

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