

Take Me Down

COPPER KNOB
STEPPERS

拍数: 40 墙数: 4 级数: Beginner west coast swing
编舞者: Gerald Biggs (USA)
音乐: Take Me Down - Alabama



VINE RIGHT, SHUFFLE IN PLACE, VINE LEFT, SHUFFLE IN PLACE

1-2 Right to side, left behind
3&4 Right to side, shuffle in place left, right
5-6 Left to side, right behind
7&8 Left to side, shuffle in place right, left

ROCK STEP, COASTER STEP, ROCK STEP, COASTER STEP

1-2 Rock forward on right, rock back on left
3&4 Step back on right, left next to right, step forward on right
5-6 Rock forward on left, rock back on right
7&8 Step back on left, right next to left, step forward on left

STEP FORWARD RIGHT, LEFT, SAILOR SHUFFLE, STEP FORWARD LEFT, RIGHT, SAILOR SHUFFLE

1-2 Step forward right, left
3&4 Step right behind left heel, step left (slightly) to side, bring right next to left (shift weight to right)
5-6 Step forward left, right
7&8 Step left behind right heel, step right (slightly) to side, bring left next to right (shift weight to left)

½ TURN LEFT, COASTER STEP, ½ TURN LEFT, COASTER STEP

1-2 Step forward on right, pivot ½ turn left
3&4 Step back on left, right next to left, step forward on left
5-6 Step forward on right, pivot ½ turn left
7&8 Step back on left, right next to left, step forward on left

DOUBLE JAZZ BOX, ¼ TURN RIGHT

1-2 Step right over left, step back on left
3-4 Step right to side, left next to right (weight on left)
5-6 Step right over left, step back on left
7-8 Step right to side while turning ¼ turn right, left next right while shifting weight to left

REPEAT