

Take Me Home

拍数: 64 墙数: 2 级数: Intermediate
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音乐: Take Me Home - Sophie Ellis-Bextor



CROSS STEP, BACK STEP, TRIPLE STEP

1-2 Cross right foot over left, step back slightly on left
3&4 Triple step on the spot, right, left, right
5-6 Cross left foot over right, step back slightly on right
7&8 Triple step on the spot, left, right, left

STEP & HIP BUMPS, LONG STEP BACK, BACK SHUFFLE, SIDE ROCK

9-10 Step forward onto right foot bumping hips forward, bump hips back, taking weight on left foot
11-12 Take a long step back on right foot, lock left foot in front. Weight on left
13&14 Step back on right, lock left in front on right, step back on right
15-16 Rock left to left side, recover weight onto right

WEAVE RIGHT, SIDE ROCK, ¼ TURN ½ TURN, STEP TOUCH

17-18 Cross left foot over right, step right-to-right side
19-20 Cross left foot behind right, rock right-to-right side
21-22 Recover weight onto left foot making ¼ turn left, make ½ turn left stepping back onto right
23-24 Step back onto left, touch right slightly across left

TOE STRUTS FORWARD, KICK BALL CHANGE

25-26 Touch right toe forward, drop right heel down
27-28 Touch left toe forward, drop left heel down
29-30 Touch right toe forward, drop right heel down
31&32 Kick left foot forward, step left foot in place, step right foot next left

STEP PIVOT ½ TURN RIGHT, LEFT SHUFFLE, RIGHT & LEFT SAILOR

33-34 Step forward onto left, pivot ½ turn right
35&36 Step forward left, step right next to left, step forward left
37&38 Rock right foot behind left, recover weight on left, step right next to left
39&40 Rock left foot behind right, recover weight on right, step left next to right

POINT FORWARD SIDE, ½ TURN SHUFFLE

41-42 Point right toe forward, point right toe to right side
43&44 ½ turn right stepping right. Left .right
45-46 Point left toe forward, point left toe to left side
47&48 ½ turn left stepping left, right, left

PADDLE TURNS LEFT, BEHIND SIDE CROSS, SIDE ROCK RECOVER

49-52 Step forward on right foot, pivot 1/8 turn left. Repeat
You have completed ¼ turn to left, now facing back wall
53&54 Cross right foot behind left, step left foot to side, cross right foot in front of left
55-56 Rock left to left side, recover weight on right

STEP CROSS POINTS

57-58 Step left foot forward and across right, point right to side
59-60 Step right foot forward and across left, point left to side
61-62 Step left foot forward and across right, point right toe to side

63-64

Step right foot forward and across left, step left foot to left side

REPEAT
