

Take It To The Heart

COPPER KNOB
BY SHEETS

拍数: 0

墙数: 0

级数: Phrased Intermediate / Advanced -
NC2 / Cha Cha



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音乐: Take It to the Heart - Anthony Callea : (Australian Idol, iTunes)

Intro Part A The Night Club 2 Section

Nightclub Basic to 1 and ½ Traveling Pivot Right

1,2&3 Step L to left side, Rock R back, Step L in place, Turn ¼ right as you step R forward
4&5 Turn ½ right as you step L back, Turn ½ right and step R forward, Turn ¼ right and step L to left side

(starting another basic on the 6:00 wall)

6& Rock R back, Step L in place

Forward, Side, Cross Behind Turning ½ Right , Point, Cross Side Rock, Cross Side Rock

7&8& Turn ¼ right and step R forward, Turn ¼ right and step L to left side, Cross R behind L, Point L toe to left side (face 12:00)

1,2& Cross L over Right, Rock R to right side, Step L in place

(you may circle right arm under and over as you rock to the side)

3,4& Cross R over L, Rock L to left side, Step R in place

(circle L arm under and over as you rock to the left side)

Cross, Side, Behind, Ronde', Cross Side, In Front Ronde'

5&6& Cross L over R , Step R to right side, Cross L behind R, Circle R to right side

7&8& Cross R behind, Step L to left side, Cross R over L, Circle L to left side

Cross, Back, Forward Turning ¾ Left

1&2 Cross L over R, Step R back Turning left, Step L forward completing ¾ left turn to face the 3:00 wall –

(think of this as a move similar to a jazz box turning ¾ left)

½ Pivot Turn Left, Step Forward, Rock Forward, Step Back, Cross Unwind

3&4 Step R forward & turn ½ left, Step L in place, Step R forward

5&6,7 Rock L forward, Step R in place, Step L back, Step R back

8& Cross L behind R, Unwind 1 full turn left with weight ending up on the right foot. (facing 9:00)

Part B The Cha Cha Section – Main Body Of The Dance

Side, Rock Step, Cha Cha Lock Forward, Syncopated Forward And Back Rocks

1,2,3 Step L to left side, Rock R back, Step L in place

4&5 Step R forward, Cross L up to and behind R, Step R forward

6&7&8& Rock L forward, Step R in place, Rock L back, Step R in place, Rock L forward, Step R in place

Back, Side Cross, Forward Turning ½ Right, Forward Rock

1,2&3 Step L back, Turn ¼ right and step R to right side (face 12:00), Cross L over R, Turn ¼ right and step R forward (face 3:00)

4& Rock L forward, Step R in place

Syncopated Sailor Shuffles

5,6&7 Step L to left side, Cross R behind L, Step L to left side, Step R in place

&8&1 Cross L behind R, Step R to right side, Step L in place, Step R next to left (together)

4&5 Continue to turn ½ right as you step L,R,L

½ Pivot Turn to ½ Turn Cha Cha Basic Back

2,3 Step L forward & turn ½ right, Step Right in place

Moving back slightly on the cha cha cha

6,7 Rock R back, Step L in place (still face 3:00)

Cross Over Breaks With Touches

8&1 Step R to right side, Step L next to R, Step R to right side (turn toe out)

&2,3 Quickly cross rock L over R, Touch R up to and behind L, Step R in place

4&5 Step L to left side, Step R next to L, Step L to left side (turn out L toe)

&6,7 Cross rock R over L, Touch L up to and behind R, Step L in place

8& Step R to right side, Step L next to R

Right Walk Around Turn (360), Right Walk Around (3/4)

1,2,3 Turn R toe out as you step R to right side, Step L forward and across L turning right, Step R in place continuing to turn - (try to get a full 360 on the 3 steps. If not then use the next 2)

4& Step L to left side, Step R next to L

5,6,7 Step L to left side toe turned out, Step R forward and across L turning left, Step L in place continuing to turn but only 3/4

8& Step R forward, Step L forward (6:00)

Basic To Knee Knee, Skate, Skate, Basic Forward & Back

1,2,3 Step R forward, Rock L forward, Step R in place

4&5 Step L back, Step R back, Step L next to R

6,7 Bend R knee over L knee, Bend L knee over R knee

8,1 Left Skate (swivel) forward, R Skate (swivel) forward

½ Pivot Turn to ½ Turn Cha Cha Basic Back

2,3 Step L forward & turn ½ right, Step Right in place

4&5 Continue to turn ½ right as you step L,R,L moving backward slightly on the cha cha cha's

6,7 Rock R back, Step L in place

Side Basic To Cross Over Breaks (regular ones)

8& Step R to right side, Step L next to R

1,2,3 Step R to right side (toe turned out), Cross Rock L over R, Step R in place

4& Step L to left side, Step R next to L

5,6,7 Step L to left side (toe turned out), Cross Rock R over L, Step L in place

8 Step R to right side

Cross Unwind

1,2,3,4 Cross L over Right, Unwind 360 right, weight on R foot.

End of Dance

How to Put it Together

After a 16 count intro, dance section A (the night club 2 section), then directly into the Cha Cha section.

Start over and do part A, then the Cha Cha part B.

On the bridge in the middle, you will do a shortened version of part A – dance the Nightclub section up to the cross side rocks, then step together.

Dance section B but leave off the Cross Unwind at the end, Dance the B again and Put the cross unwind on the very end of the dance.
