

Take Out

拍数: 96 墙数: 2 级数: Phrased Advanced
编舞者: Kirsten Matthiessen (DK) & Jannie Tofte Stoian (DK) - March 2011
音乐: Carry Out (feat. Justin Timberlake) - Timbaland



Phrasing: A, B, A, B, A, B, B, A, Ending
Intro: 32 counts from main beat

A SECTION

[1-8] Step knee pop x2, R side rock, Chassé R

1&2 Step fw R, pop both knees out, pop both knees back to centre (weight R) 12:00
3&4 Step fw L, pop both knees out, pop both knees back to centre (weight L) 12:00
5-6 Rock R to R side bending knees, recover onto L bending knees 12:00
7&8 Step R to R side, step L next to R, step R to R side 12:00

[9-16] Hitch slide back, Ball step lock step, Kick step lock step ½ L, Step flick step

&1-2 Hitch L up, take a big step back L, slide R next to L (weight on L) 12:00
&3&4 Step R next to L, step L fw, lock R behind L, step L fw 12:00
5&6& Kick R to left diagonal, turn 1/8 L step down R (10:30), turn 1/8 L lock L behind R (9:00), step R fw as you make 1/4 turn L 06:00
7&8 Step L to L side, flick R behind L, step R to R side 06:00

[17-24] Behind ¼ R step, Heel swivels x2, Arm movements, Ball step touch

1&2 Cross L behind R, turn ¼ R stepping R to R side, step L to L side 09:00
&3&4 Swivel R heel to L side, return to centre, swivel L heel to R side, return to centre 09:00
5&6 With palm of R hand hit L fist in front of body (5), swing L arm around your back (&), grab a hold of your R over arm above the elbow and fist your R hand as you put your arm in a 90 degree angle (elbow by hip) (6) 09:00
7&8& Hit R hip with R fist, step R next to L, step L to L side, touch R next to L 09:00

[25-32] Crib walks, Rock kick, Back out out

1&2& Touch R heel fw, bring feet together, touch L heel fw, bring feet together 09:00
3&4& Touch R heel fw, bring feet together, touch R heel fw, bring feet together 09:00
5-6 Rock L fw, recover onto R and kick L fw 09:00
7&8 Step L back, step R to R side, step L to L side 09:00

[33-40] Step touch x3, Out out

1-2 Step R to R side, touch L next to R 09:00
3-4 Step L to L side, touch R next to L 09:00
5-6 Step R to R side, touch L next to R

Styling option: put some bounce in to it – punch opposite elbow down on the touches – arm bent in 90 degree angle (L touch – R elbow) 09:00

7&8 Step L to L side, step R to R side, hold 09:00

[41-48] Ball heel grind x2, Back out out, Shake

&1-2 Step L next to R, touch R heel fw (toes pointing L), step L back as you grind R heel (toes now pointing R) 09:00
&3-4 Step R next to L, touch L heel fw (toes pointing R), step R back as you grind L heel (toes now pointing L) 09:00
5-6& Step L back, step R to R side, step L to L side 09:00
7&8& Shake what you got (weight stays on L) 09:00

[49-56] Step touch x2, Chassé ¼ R, Step ½ R step, Kick step lock step

- 1&2& Step R to R side, touch L next R, step L to L side, touch R next to L 09:00
- 3&4 Step R to R side, step L next to R, turn ¼ R stepping R fw 12:00
- 5&6 Step L fw, turn ½ R stepping R down, step L fw 06:00
- 7&8& Kick R fw, step R down, lock L behind R, step R fw 06:00

[57-64] Step body roll, Ball point, Chest pop, Side switches, Step together

- 1-2 Step L fw, roll body from head and down (weight ends on R) 06:00
- &3&4 Step L next to R, point R back, pop chest fw and back to centre 06:00
- 5&6& Point R to R side, step R next to L, point L to L side, step L next to R 06:00
- 7-8 Step R fw, step L next to R L 06:00

B SECTION

[1-8] Side rocks with hips ½ L, Cross rock, Side Rock, Behind ¼ L Side

- 1&2& Turn 1/8 L pushing R hip to R, recover L pushing L hip to L, REPEAT 03:00
- 3&4& Repeat counts 1&2& 12:00
- 5&6& Cross R in front of L, recover L, rock R to R side, recover L 12:00
- 7&8 Cross R behind L, turn ¼ L stepping L fw, step R to R side 09:00

[9-16] Hip roll, Hip Bump sit, Arm movement, Chest pop

- 1-2 Roll hips counter clockwise full round ending with weight on R 09:00
- 3&4 Bump hip L up, Bump hip R, Bump hip L down and sit on L (reverse C bump) 09:00
- 5-6 Move your R arm, palm facing body, in under your L arm (5), move R arm in a circle from L to R, palm facing up (6) (weight is now on R) 09:00
- 7&8 Continue the circle moving your R up behind your head and down in front of your chest, palm facing body (7), pop chest fw (&), pop chest back (8) 09:00

[17-24] Coaster step lock step, Heel swivels, Back back back, ½ R, Out out hold

- 1&2& Step L back, step R next to L, step L fw, lock R behind L 09:00
- 3&4 Step L fw, swivel both heels to L side, swivel both heels back to centre (weight R) 09:00
- 5&6 Run back L, run back R, run back L lifting up on L ball to start ½ turn R on L ball 09:00
- 7&8 Continue your ½ turn R on ball of L and step out R (7), step out L (&), hold (8) 03:00

[25-32] Hip roll hip push x2, Tripple ¾ L, Step lock step touch

- 1&2 Roll hips counter clockwise L to R (weight R) (1&), push hips fw (2) 03:00
- 3&4 Roll hips clockwise R to L (weight L) (3&) push hips fw (4) 03:00
- 5&6 Turn ¼ L stepping R back, turn ¼ L stepping L next to R, turn ¼ L stepping R fw 06:00
- &7&8 Step L fw, lock R behind L, step L fw, touch R next to L 06:00

Good luck & enjoy!

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