

Takeover

拍数: 80 墙数: 2 级数: Phrased Beginner
编舞者: Shirley Selvasingam (MY) - March 2012
音乐: Takeover (feat. Flo Rida) - Mizz Nina



40 count intro - Sequence : A,A,B,A,A,B,A,A,C,A,B,C

Part A – 32 counts

VINE LEFT, RONDE, KICK FORWARD, SHUFFLE FORWARD

1 - 4 Cross R over L, step L to L, cross R behind L, swing L behind R
5 - 6 Step L behind R, kick R forward
7&8 Shuffle forward R-L-R

¼ RIGHT TURN ROCK LEFT, CROSS SHUFFLE, ½ LEFT TURN SHUFFLE BACK, KICK FWD TWICE

1 - 2 ¼ turn right, Rock L to L side, recover on R,
3&4 Cross shuffle L-R-L
5&6 Making a ½ turn L shuffle back R-L-R,
7 - 8 Kick left forward twice

LEFT ROCK, BEHIND-SIDE-OVER, RIGHT SHUFFLE, KICK-TOGETHER-FWD

1 - 2 Rock L to L side, recover on R,
3&4 Cross step L behind R, step R to R side, cross L over R
5&6 Shuffle to the right R-L-R,
7&8 Kick L forward, step L, step R forward

FORWARD ROCK, WALK BACK L-R, BACK COASTER, ¼ LEFT TURN ROCK RIGHT

1 - 4 Step L forward, recover on R, step L back, step R back
5&6 Coaster L-R-L
7 - 8 Make ¼ turn left, step R to R, recover on L

Part B – 32 counts

1 - 4 Jazz box with a ¼ turn right
5 - 8 Hands on thighs, sway down and up

1 - 8 Repeat above

1 - 4 Rock R forward, recover on L , rock R forward, hitch L with a ¼ turn right
5 - 8 Rock L forward, recover on R, rock L forward, hitch R with a ¼ turn left

1 - 8 Repeat above

Part C – 16 counts

1 - 4 Cross R over L, point L to left, raising hands up, cross L over R, point R to right, raising hands up
5 - 8 Hands on hips, paddle ¼ left
1 - 8 Repeat above 3 times