

Take it On Back

COPPER KNOB
STEP SHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Donna Manning (USA) - February 2015
音樂: Take It On Back - Chase Bryant



Restart: wall 5 after count 24 (facing 6:00 when it happens)

****Note**** Use the quick count tempo 32 count intro from the heavy beat

Sec. 1 (1-8) Bump 3X, Pause, Bump 3X, Pause

During the 1st 4 counts you will be making ¼ L, during counts 5-8 you will be making ¼ L finishing @ 6:00

1,2,3,4 Step the R fwd bumping R hip fwd, bump L hip back, bump R hip fwd as you finish ¼ turn L, pausing through count 4 –leaving weight on the R (9:00)

5,6,7,8 Step L to side bumping L hip, bump R hip to R side, bump L hip fwd as you finish ¼ turn L, pausing through count 8 (6:00) leaving weight on L

Sec. 2 (9-16) □ Step, Together, Step, Rock, Recover, Step Back, Pause

1,2,3,4 Step R fwd, Close ball of L to R heel, Step R fwd, Pause through 4 (6:00)

5,6,7,8 Push off the ball of L fwd, Recover to R, Step L back, Pause through 8 □ (6:00)

Sec. 3 (17-24) □ Step Back, Together, Back – twice through sequence

1,2,3,4 Step back R, Close L heel to R toe, Step R back, pause through count 4

5,6,7,8 Step L back, Close R heel to L toe, Step L back, pause through count 8 (6:00)

RESTART here on wall 5 - starts facing 12:00 happens facing 6:00

Sec. 4 (25-32) □ Back, Pause, Together, Pause, Step, Hitch, Step, ¼ Turn Hitch

1,2,3,4 Step R back, pause, Step L next to R taking weight, Pause

5,6,7,8 Step R fwd, small hitch with L, Step L fwd, ¼ turn L as you hitch R (3:00)

HAVE FUN!

Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is in its original format and include all contact details on this script.

Video rights assigned to choreographer. dancinfreedomna@gmail.com - www.dancinfree.com

All rights reserved.