

Take A Trip

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Sadiyah Heggernes (NOR/UK) - March 2015
音樂: Take a Trip - Mono Street : (iTunes)



#16 Count Intro – start on vocals

S1: □□ Side Rock, Syncopated Weave ¼ Turn L, Rocking Chair, Step, Chase Turn R,

1&2& Rock R to side. Recover onto L. Cross R over L. Step L to side
3&4 Cross R behind L. ¼ turn L. Step forward L. Step forward R. 9:00
5&6& Rock forward on L. Recover onto R. Rock back on L. Recover onto R
7&8 Step forward L. Pivot ½ turn R. Step forward L. 3.00.

S2: □□ Diagonal Locksteps Forward, Mambo ¼ Turn L, Hitch, Cross Shuffle

1&2 Step R to R diagonal. Lock L behind R. Step R to R diagonal
&3&4 Step L to L diagonal. Lock R behind L. Step L to L diagonal. Step R to R diagonal
5&6& Rock forward L. Recover onto R. ¼ turn L. Step L to side. Hitch R knee beside L 12.00
7&8 Cross R over L. Step L to side. Cross R over L.

S3: □□ Point, Hitch, Cross, Twist R-L-R (¾ Turn) Side Rock, Rock Back, Run Forward x 3

1&2 Point L to side. Hitch L knee beside R. Cross L over R
3&4 Twist ½ turn R. Twist ½ turn L. Twist ½ turn R (weight ends on L) 6:00
5&6& Step R to side. Touch L beside R. Step L to side. Touch R beside L
7&8 Run forward R-L-R

S4: □□ Side Rock into Syncopated Weave ¼ Turn R, Rocking Chair, Kick Ball Step

1&2& Rock L to side. Recover onto R. Cross L over R. Step R to side
3&4 Cross L behind R. ¼ turn R. Step forward R. Step forward L 9:00
5&6& Rock forward R. Recover onto L. Rock back R. Recover onto L
7&8 Kick R forward. Step R beside L. Step L forward

Ending: Facing back wall: Replace steps 5&6 (section 2) with Mambo ½ turn L
To bring you back to front