

Take Back

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Val O'Connor (UK) - December 2015
音樂: Take Back - Adam Lambert : (Album: Trespassing)



Alternate Music: Trespassing By Adam Lambert (No Restarts, Intro: 16 Counts)

Intro: (8 Secs Approx) 10 Piano Beats And Then Start On Vocals

S1: WALK RL,R SIDE ROCK CROSS, L SIDE ROCK, L SAILOR CROSS

1-2-3&4 Walk forward RL, rock R to R side, recover onto L, cross R over L
5-6-7&8 Rock L to L side, recover onto R, turn ¼ L crossing L behind R,(&) step R to R side, cross L over R (9)

S2: POINT CROSS X 2, SIDE R, ¼ L SAILOR & HEEL & TOUCH

1-2-3-4 Point R to R side, cross R over L, point L to L side, cross L over R
5-6&7&8 Step R to R side, ¼ L crossing L behind R,(&) step R to R side, dig L heel to L diagonal, (&) step down on L, Touch R next to L (6)

S3: TAP STEP DOWN DIAGONAL X 2, R JAZZ BOX

1-2-3-4 Tap R slightly forward to R diagonal, step down on R, tap L slightly forward to L diagonal, step down on L
5-6-7-8 Cross R over L, step back on L, step R to R side, step forward on L

S4: R FORWARD ROCK, ½ R, WALK FORWARD LR, L KICK BALL STEP, STEP FORWARD L

1-2-3-4 Rock forward on R recover back on L , ½ R stepping forward R, walk forward L (12)
(Restart here on wall 5)
5-6&7-8 Walk forward R, Kick L forward, (&) step down on L, step forward R, step forward L

S5: R FORWARD ROCK & OUT RL BACK R, BACK L ½ R & OUT LR STEP FORWARD L

1-2&3-4 Rock forward on R, weight back on L, (&) step back and out to R, step L out to L side, step back on R
1-2&3-4 Step back on L, ½ R stepping forward on R, (&) step L out to L side, step out R to R side, step forward L (6)

S6: CROSS R SIDE L, R BEHIND & R HEEL, & CROSS L, HOLD, & CROSS L, ¼ L

1-2-3&4 Cross R over L, step L to L side, cross R behind L, (&) step slightly back on L, dig R heel to R diagonal
&5-6&7-8 (&) Step down on R, cross L over R, Hold, (&) step R to R side, cross L over R, ¼ L step back on R (3)

S7: LONG STEP L SIDE, DRAG RIGHT & WALK LR, L FORWARD ROCK & TOUCH BACK R, ½ R

1-2&3-4 Step L long step to L, drag R to L, (&) step down on R, walk forward LR
5-6&7-8 Rock forward on L, recover on R, (&) step slightly back on L, touch back R, ½ R putting weight on R (9)

S8: SIDE L HOLD, & L SIDE ROCK CROSS, ¼ L, SIDE L , DRAG TOUCH R

1-2-&3-4-5 Step L to L side, Hold, (&)step R next to L, rock L to L side, recover onto R, cross L over R
6-7-8 ¼ L stepping back on R, step L to L side. Drag R next to L and touch R next to L (6)

END OF DANCE

#16 COUNT TAG AT END OF WALL 2 (Facing Front)

1-2&3-4 Step R to R side, Hold, (&) step L next to R, step R long step to R side, drag L next to R (Weight on L)

5-6-7-8 Cross R over L, ¼ R step back on L, ¼ R step R to R side, cross L over R

Repeat steps 1-8
Restart from beginning

RESTART AFTER 28 COUNTS DURING WALL 5

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