

Take It Off

COPPER KNOB
BY STEPHEN

拍數: 128 牆數: 1 級數: Phrased Advanced
編舞者: Trevor Thornton (USA), Brandon Roman (USA) & Branden Swift (USA) - March 2017
音樂: Take It Off (feat. Yandel & Becky G) - Lil Jon



Count In: 32 count intro

Sequence: ABCD-ABCD-D-TAG-ACBD

Section A --□□

[1 – 8]□HEEL GRIND R ¼ TURN R, VAUDEVILLE W/L HEEL, BALL CROSSING SHUFFLE, SIDE POINTS

□

1 - 2 Grind R heel fwd making ¼ turn R (1), recover weight back onto L (2)□3
& 3 & 4 Step R next to L (&), cross L over R (3), step R to R (&), L heel fwd (4) □3
& 5 & 6 Step down on L (&), cross R over L (5), step L to L (&), cross R over L (6)□3
7 & 8 & Point L toe to L (7), step L next to R (&), point R toe to R (8), touch R next to L (&)□3

Styling□Almost want to jump into the heel grind in the beginning. □

[9 – 16]□STEP R, WEAVE R, ¼ L SWEEP, ½ TURN R, CHASE TURN R □

1 2 & Big step to R w/R (1), step L behind R (2), step R to R (&) □3
3 - 4 Push off R making ¼ turn L sweeping R back to front (3), take weight fwd on R (4) □ 12
5 - 6 Press off R taking weight back onto L (5), make ½ turn over R shoulder stepping onto R (6)□6
7 & 8 Step fwd on L (7), make ½ turn over R taking weight on R (&), step fwd on L (8)□12

[17 – 24]□ KNEE POPS X3, R ARM OUT, L ARM OUT, BODY ROLL, POINT, UNWIND ½ TURN R □

1 & 2 Step fwd on R popping L knee (1), step fwd on L popping R knee (&), step fwd on R popping L knee (2)□12
3 - 4 R arm extends fwd to the R (3), L arm extends fwd to the L (4) □12
5 - 6 Pull arms up to ears and roll them down your sides while body rolling, taking weight on your L foot (5-6)□12
7 - 8 Point R toe back (7), unwind ½ turn R taking weight on R (8) □6

Styling:-□

1&2 Should be with lyrics..(My bo-o-dy), small steps here, barely moving fwd
3-4 During the arms, your hands should be shaped like a telephone (pinky, and thumb extended) (Lyrics...Call me)

[25 – 32]□STEP, ¼ TURN R, BALL CROSS, ¼ R PRESS, RECOVER, STEP BACK, COASTER STEP □

1 & 2 Step fwd on L (1), make ¼ turn R taking weight on R (&), cross L over R (2)□9
3 - 4 Make ¼ turn R pressing fwd on the R (3), recover weight back to L (4) □12
5 6 & 7 Step back on R (5), step back on L (6), step together with R (&), big step fwd on L (7) □12
8 Touch R next to L (8) □12

B --

[33-40]□STEP R, TOUCH L, STEP L, TOUCH R, STEP R X2, TOUCH L, STEP L, DIP R KNEE, TOUCH L NEXT TO R□

1 & 2 & Step R to R (1), touch L next to R (&), step L to L (2), touch R next to L (&) □12
3 & 4 & Step R to R (3), step L next to R (&), step R to R (4), touch L next to R (&) □12
5 & 6 & Step L to L (5), touch R next to L (&), step R to R (6), touch L next to R (&)□12
7 & 8 & Step L to L (7), dip R knee down (&), take weight on R (8), touch L next to R (&) □12

Styling□This section is quick – SMALL STEPS □

[41 – 48]□STEP L, TOUCH R, STEP R, TOUCH L, STEP L X2, TOUCH R, STEP R, DIP L KNEE, TOUCH R

NEXT TO L □

- 1 & 2 & Step L to L (1), touch R next to L (&), step R to R (2), touch L next to R (&) □12
3 & 4 & Step L to L (3), step R next to L (&), step L to L (2), touch R next to L (&) □12
5 & 6 & Step R to R (5), touch L next to R (&), step L to L (6), touch R next to L (&) □12
7 & 8 & Step R to R (7), dip L knee down (7), take weight on L (8), touch R next to L (&) □12

[49-56] □ SLIDE R, TOGETHER W/L, HOLD X2, CROSS ROCK R, CROSS ROCK L □

- 1 - 2 Slide R to R (1), drag L to R (2) (should be facing slight diagonal to the L) □10:30
3 - 4 Hold 2 counts (put arms up and bounce them twice in the air) (3-4) □10:30
5 & 6 Cross rock R in front of L (5), recover weight to L (&), step to the R w/R, (squaring up to 12) (6) □12
7 & 8 Cross rock L in front of R (7), recover weight to R (&), step to the L w/L (8) □12

[57-64] □ ½ TURN L X2, STEP TOGETHER "JUMPING JACKS" □

- 1 - 2 Step fwd on R (1), make ½ turn over L shoulder taking weight on L (2) □6
3 - 4 Step fwd on R (3), make ½ turn over L shoulder taking weight on L (4) □12
5 - 6 Step fwd on R (5), step together with L (6) (prep here to jump) □12
7 & 8 & Jump feet shoulder width apart at diagonals (R fwd, L back) (7), jump feet together (&) Jump feet shoulder width apart at diagonals (L fwd, R back) (8), jump feet together (&) □12

C --

[65-72] □ STOMP R, HOLD, BALL STOMP, POINT FWD W/L, ¼ TURN PADDLE BACKWARDS, ½ TURN SAILOR STEP W/L CROSS □

- 1 - 2 Stomp R fwd to R diagonal (1), hold (2) □12
& 3 4 Step L next to R (&), step fwd on R (3), cross point L in front of R (4) □12
5 - 6 Make 1/8 turn L pivoting on R foot, L pointed out (5), make 1/8 turn L pivoting on R foot (6) □9
7 & 8 Step L behind R (7), make ¼ turn L w/R foot in place (&), make ¼ turn L crossing L over R (8) □3

[73-80] □ BALL CROSS, SIDE ROCK, RECOVER, ¾ TURN UNWIND R, ROCK, RECOVER, BALL, SLIDE BACK W/DRAW □

- & 1 2 & Step R to R (&), cross L over R (1), rock out on R (2), recover weight back onto L (&) □3
3 - 4 Hook R foot behind L (3), make ¾ unwind over R taking weight on R (4) □12
5 - 6 Big rock fwd on L (5), (body roll) recover weight back to R (6) □12
& 7-8 Step L next to R (&), big slide back on R (7), drag L to inside of R (8) □12

[81-88] □ STOMP L, HOLD, BALL STOMP, POINT FWD W/R, ¼ TURN PADDLE BACKWARDS, ½ TURN SAILOR STEP W/R CROSS □

- 1 - 2 Stomp L fwd to L diagonal (1), hold (2) □12
& 3 4 Step R next to L (&), step fwd on L (3), cross point R in front of L (4) □12
5 - 6 Make 1/8 turn R pivoting on L foot, R pointed out (5), make 1/8 turn R pivoting on L foot. (6) □3
7 & 8 Step R behind L (7), make ¼ turn R w/L foot in place (&), make ¼ turn R crossing R over L (8) □9

[89-96] □ BALL CROSS, SIDE ROCK, RECOVER, ¾ TURN UNWIND L, ROCK, RECOVER, BALL, SLIDE BACK W/DRAW □

- & 1 2 & Step L to L (&), cross R over L (1), rock out on L (2), recover weight back onto R (&) □9
3 - 4 Hook L foot behind R (3), make ¾ unwind over L taking weight on L (4) □12
5 - 6 Big rock fwd on R (5), (body roll) recover weight back to L (6) □12
& 7-8 Step R next to L (&), big slide back on L (7), drag R to inside of L (8) □12

D -- □ □

[97-104] □ MAMBO FWD R, MAMBO BACK L, CROSS SAMBA R, CROSS SAMBA L □

- 1 & 2 Rock fwd on R (1), recover back on L (&), step R next to L (2) □12

- 3 & 4 Rock back on L (3), recover fwd on R (&), step L next to R (4) □12
- 5 & 6 Cross R over L (5), step L to L (&), step down on R (6)□12
- 7 & 8 Cross L over R (7), step R to R (&), step down on L (8) □12

[105-112]□PADDLE ½ TURN L, STEP, PADDLE ½ TURN R, STEP □

- 1 - 2 Pivot on L heel an 1/8 turn L touching R to R (1), pivot on L heel an 1/8 turn L touching R to R (2) □9
- 3 - 4 Pivot on L heel an 1/8 turn L touching R to R (3), step fwd on R to square up to back wall (4) □6
- 5 - 6 Pivot on R heel an 1/8 turn R touching L to L (5), pivot on R heel an 1/8 turn R touching L to L (6)□9
- 7 - 8 Pivot on R heel an 1/8 turn R touching L to L (7), step fwd on L to square up to front wall (8)□12

[113-120]□SHIMMY R, ½ TURN L , SHIMMY L, ½ TURN R□

- 1 - 2 Step out big step to R (1), shimmy shoulders (2)□12
- 3 - 4 Make ½ turn to the L (pivoting on R heel) (3), hold (4) □6
- 5 - 6 Step out big step to L (5), shimmy shoulders (6) □6
- 7 - 8 Make ½ turn to the L (pivoting on L heel) (7), hold (8)□12

[121-128]□R SIDE MAMBO W/A CROSS, L SIDE MAMBO, V STEP. □

- 1 & 2 Rock R out to R (1), recover weight to L (&), Cross R over L (2) □12
- 3 & 4 Rock L out to L (3,) recover weight to R (&), step together with L (4) □12
- 5 - 6 Step fwd on R diagonal w/ R (5), step fwd on L diagonal w/ L (6) □12
- 7 - 8 Step back on R diagonal w/ R (7), step back on L diagonal w/L (8) □12

Styling:-□

- 1 & 2, You're trying to get back over to the Left!

TAG: 32 count □□

[1-8]□STEP, LOCK, TRIPLE, ½ TURN, TRIPLE□

- 1 - 2 Step fwd on R (1), lock L behind R (2) □12
- 3 & 4 Step fwd on R (3), step L next to R (&), step fwd on R (4) □12
- 5 - 6 Step fwd on L (5), make ½ turn over your R w/ weight on R (6) □6
- 7 & 8 Step fwd on L (7), step together w/ R (&), step fwd on L (8) □6

[9-16]□OUT HOLD X2, JAZZ BOX □

- 1 - 2 Step R to R (1), hold (2) □6
- 3 - 4 Step L to L (3), hold (4) □6
- 5 - 6 Cross R over L (5), step back on L (6) □6
- 7 - 8 Step R to R (7), step fwd on L (8) □6

[17-32]□This pattern of 16 is then repeated on the back wall facing 6 o'clock, ending on the front wall facing 12 o'clock

Have fun and enjoy on the dance floor! Feel it with the music!! Dance to Express~Not Impress.

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