

Take It All Back

COPPER KNOB
BY STEPHEN HETS

拍數: 48 牆數: 4 級數: Improver
編舞者: Darren Mitchell (AUS) - May 2018
音樂: Take It Back - Chance McKinney : (Album: I.)



(Intro: 16 counts)

BACK, BACK, BACK-LOCK-BACK, BACK, FORWARD, ½ TURN SHUFFLE

1,2 Step back on right, step back on left,
3&4 Step back on right, lock left across in front of right, step back on right,
5,6 Step back on left, rock forward onto right,
7&8 Turn ½ turn right shuffle back: left-right-left. (6:00)

BACK, FORWARD, KICK-BALL CROSS, SIDE-ROCK-ACROSS, SIDE-ROCK-FORWARD

1,2 Step back on right, rock forward onto left,
3&4 Kick right forward, step right together, step left across in front of right,
5&6 Step right to the side, side rock onto left, step right across in front of left,
7&8 ** Step left to the side, side rock onto right, step left forward. (6:00)

****Restart on wall 3****

PIVOT TURN, SHUFFLE FORWARD, PADDLE TURN SHUFFLE ACROSS

1,2 Step right forward, turn ½ turn left take weight onto left,
3&4 Shuffle forward: right-left-right,
5,6 Step left forward, turn ¼ turn take weight onto right,
7&8 Shuffle left across in front of right: left-right-left. (3:00)

TOUCH-1/4 TURN-TOUCH-TOGETHER-HEEL & HEEL-TOGETHER, PIVOT TURN, PADDLE TURN

1& Touch right toe to the side, turn ¼ turn right step right together,
2& Touch left toe to the side, step left together,
3& Touch right heel forward, step right together,
4& Touch left heel forward, step left together,
5,6 Step right forward, turn ½ turn left take weight onto left,
7,8 *** Step right forward, turn ¼ turn left take weight onto left. (9:00)

*****Restart on walls 4&6*****

FORWARD-BACK-TOGETHER-FORWARD-BACK-BACK-LOCK-BACK, BACK, FORWARD

1,2& Step right forward, rock back onto left, step right together,
3,4 Step left forward, rock back onto right,
5&6 Step left back, lock right across in front of right, step back on left,
7,8 Step back on right, rock forward onto left. (9:00)

½ TURN SHUFFLE, BACK, FORWARD, KICK-BALL CHANGE, FORWARD, TOUCH

1&2 Turn ½ turn left shuffle back: right-left-right,
3,4 Step back on left, rock forward onto right,
5&6 Kick left forward, step left together, step right together,
7,8 Step forward on left, touch right toe together. (3:00)

[48] REPEAT

Restarts:

On wall 3, dance to count 16 (**) then Restart the dance from the beginning.

On walls 4&6, dance to count 32 (***) then Restart the dance from the beginning.

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