But Take It From Me

拍數: 32

級數: Beginner

編舞者: Melissa Caldarone (USA) - September 2018

音樂: Take It From Me - Jordan Davis

'Note' It's a one wall dance so you have the choice of either dancing alone in a line or, invite a partner to dance with you!

#16 count intro

Step to right, rock fwd, recover back, shuffle left

- 1 3 step R to right, rock L forward, recover R back
- 4 & 5 step L to left, step R together, step L to left

Rock back, recover fwd, shuffle right

- 6 8 rock R back, recover L forward, step R to right
- & 1 step L together, step R to right

Rock fwd, recover back, shuffle back

- 2 3 rock L forward, recover R back
- 4 & 5 ball step L to meet R, step L back

Rock back, recover fwd, shuffle front

- 6 7 rock R back, recover L forward
- 8 & step R front, bring L to R (weight L)

Walk, walk, shuffle step

1 - 2 walk forward with R, walk forward with L

3 & 4 step forward R, step L to R, step forward R (weight ends on Right)

Pivot 1/2 turn, turning triple step

- 5 6 step L forward, 1/2 pivot turn over right shoulder & transfer weight fwd on Right
- 7 & 8 full turn triple L-R-L over your R shoulder (weight ends on Left facing front wall)

Sway, sway, sway, sway

1 - 4 sway R, sway L, sway R, sway L (weight ends on Left)

Pivot turn, Pivot turn

5 - 6step R forward, 1/2 pivot turn over left shoulder & transfer weight fwd on Left7 - 8step R forward, 1/2 pivot turn over left shoulder & transfer weight fwd on Left

And Repeat from beginning!

Restart: wall 3 after dancing 16 counts

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牆數:1