Take It From Me

級數: Beginner

編舞者: Noah Sierra (USA) - January 2019

音樂: Take It From Me - Jordan Davis

HEEL JACKS, HIP SWAYS.

拍數: 32

- 1&2& Step RF to R side, cross LF behind RF, step RF to R side, kick LF to L side.
- 3&4& Step LF to L side, over RF behind LF, step LF to L side, kick RF to R side.
- 5-6 Sway R hip to R side, sway L hip to L side.
- 7-8 Sway R hip to R side, sway L hip to L side.

PIVOT 1/2 X2, HEEL SWITCHES.

- 1-2 Step RF forward, pivot ½ L.
- 3-4 (repeat counts 1-2)
- 5&6& Touch R heel forward, step RF on LF, touch L heel forward, step LF on RF.
- 7&8& Touch R heel forward, step RF on LF, touch L heel forward, step LF on RF.

VINE R, VINE L WITH ¼ PIVOT.

- 1-2 Step RF to R side, cross LF behind RF.
- 3-4 Step RF to R side, touch LF on RF.
- 5-6 Step LF to L side, cross RF behind LF.
- 7-8 Step LF to L side, touch RF on LF.

HEEL SWITCHES.

- 1&2& Touch R heel forward, step RF on LF, touch L heel forward, step LF on RF.
- 3&4& Touch R heel forward, step RF on LF, touch L heel forward, step LF on RF.
- 5&6& Touch R heel forward, step RF on LF, touch L heel forward, step LF on RF.
- 7&8& Touch R heel forward, step RF on LF, touch L heel forward, step LF on RF.

RESTART: Wall 3, after first 16 counts.

Website: dancewithnoah.my-free.website

Contact: noahsierragae@gmail.com

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牆數:4