

Take it Down

拍數: 64 牆數: 1 級數: High Beginner
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音樂: The Git Up - Blanco Brown



I. CHARLESTON STEP - BEHIND SIDE - STOMP, BRUSH - ROLLING VINE LEFT

1234 Heel R fwd with pointed in , Step R back with sweep , Cross L behind R , Step R to side
5678 Stomp and Brush on L , Rolling full turn left L R L

II. HOEDOWNS, TOES IN OUT - CHEST PUMP , DOWN AND UP

1&2& Kicks on R to side , Replace , Kicks on L to side , Close L beside R
3&4& Kicks on R to side , Replace , Kicks on L to side , Close L beside R
5678 Down your body and Up position X2

III. STEP CROSS BEHIND - 1/4 TURN LEFT,CLOSE - STEP BACK - 1/2 TURN RIGHT

1234 Cross R behind L , 1/4 turn left step L fwd , Close R beside L , Replace on L
5678 Step back on R , L , 1/2 turn right step R fwd , Close L beside R

IV. STEP BACK - 1/4 TURN LEFT - STEP SIDE TOGETHER RIGHT

1234 Step back on R L R , 1/4 turn left step L to side
5678 Step R to side , Close L beside R , Step R to side ,Close L beside R

V. SLIDE LEFT - SHAKE SHOULDERS - SLIDE RIGHT - SHAKE SHOULDERS

1-2 Slide on L to side , Close R beside L
&3&4 Shake shoulder Up and Down
5-6 Slide on R to side , Close L beside R
&7&8 Shake shoulder Up and Down

VI. STEP SIDE , KICK DIAGONAL X2 - ROLLING VINE FULL TURN LEFT

1234 Step L to side , Kick on R diagonal , Step R to side , Kick on L diagonal
5678 Rolling full turn left on L R L R

VII. STEP TOGETHER SIDE X4 - SHAKE SHOULDERS / SIMMY

1234 Step R to side , Close L beside R , Step R to side , Close L beside R (Do a shake shoulder or Simmy)
5678 Step R to side , Close L beside R , Step R to side , Close L beside R (Do a shake shoulder or Simmy)

VIII. 1/4 TURN LEFT , HITCH X2 - CIRCULAR WALK 1/2 TURN RIGHT

1-2 1/4 turn left step R back , Hitch on L
3-4 1/4 turn left step L to side , Hitch on R
5678 Circular walk on RLRL (12.00)