

Take Me Down

拍數: 64 牆數: 2 級數: Beginner
編舞者: Sonja Maier (AUT) - March 2021
音樂: Take Me Down (Radio Edit) - Tobacco Road Blues Band



Motion: Smooth/2-Step

Intro: 28 Counts

[1 - 8] ROCK STEP, BACK, HOLD, BACK, TOGETHER, STEP, HOLD

1 - 2 Step R fw, recover weight on to L
3 - 4 Step R back, hold
5 - 6 Step L back, step R together
7 - 8 Step L fw, hold

[9 - 16] 1/8R STEP, TOGETHER, 1/4R STEP, TOGETHER, 1/4R STEP, TOGETHER, 1/8R STEP, HOLD

1 - 2 1/8 Turn R step R fw, step L behind R (01:30)
3 - 4 1/4 Turn R step R fw, step L behind R (04:30)
5 - 6 1/4 Turn R step R fw, step L behind R (07:30)
7 - 8 1/8 Turn R step R fw, step L behind R (09:00)

[17 - 24] ROCK STEP, BACK, HOLD, BACK, TOGETHER, STEP, HOLD

1 - 2 Step L fw, recover weight on to R
3 - 4 Step L back, hold
5 - 6 Step R back, step L together
7 - 8 Step R fw, hold

[25 - 32] 1/8L STEP, TOGETHER, 1/4L STEP, TOGETHER, 1/4L STEP, TOGETHER, 1/8L STEP, HOLD

1 - 2 1/8 Turn L step L fw, step R behind L (07:30)
3 - 4 1/4 Turn L step L fw, step R behind L (04:30)
5 - 6 1/4 Turn L step L fw, step R behind L (01:30)
7 - 8 1/8 Turn L step L fw, step R behind L (12:00)

[33 - 40] SIDE, BEHIND, SIDE, CROSS, SIDE, TOGETHER, CROSS, HOLD

1 - 2 Step R to R side, cross L behind R
3 - 4 Step R to R side, cross L over R
5 - 6 Step R to R side, step L together
7 - 8 Cross R over L, hold

[41 - 48] SIDE, BEHIND, SIDE, CROSS, SIDE, TOGETHER, CROSS, HOLD

1 - 2 Step L to L side, cross R behind L
3 - 4 Step L to L side, cross R over L
5 - 6 Step L to L side, step R together
7 - 8 Cross L over R, hold

[49 - 56] 1/4L TOE STRUT BACK, 1/4L TOE STRUT SIDE, JAZZ BOX

1 - 2 1/4 Turn L touch R toe back, drop right heel (09:00)
3 - 4 1/4 Turn L touch L toe side, drop left heel (06:00)
5 - 6 Cross R over L, step L back
7 - 8 Step R to R side, step L fw

[57 - 64] DIAGONAL STEP-LOCK-STEP-SCUFF, DIAGONAL STEP-LOCK-STEP-SCUFF

1 - 2 Step R diag. R fw, step L behind R
3 - 4 Step R diag. R fw, scuff L fw

5 - 6 Step L diag. L fw, step R behind L
7 - 8 Step L diag. L fw, scuff R fw

TAG = 32 counts (always at 12:00, 4x8 counts):

TOE STRUT R+L, CROSS, JAZZ BOX with 1/4R (x4)

1 - 2 Touch R toe on place, drop right heel
3 - 4 Touch L toe on place, drop left heel
5 - 6 Cross R over L, 1/4 turn R step L back
7 - 8 Step R to R side, step L fw

Dance this tag with 32 counts after wall 2 + 4, after wall 6 only 2x8 counts and finish with Toe Strut R+L, Cross, 1/4R Back, 1/4/R Side, Step.

26.03.2021

Sonja Maier

Last Update - 8 July 2021
