

# Take Back Your Life

**COPPER** **KNOB**  
BY STEPHANETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Marianne van der Toorn Vrijthoff (NL) - May 2024  
音樂: Take Back Your Life (feat. Sha) - Duguneh & Mohombi



**Intro: 16 counts from the good beat ( 16 sec) No Tag, No Restart**

## **SEC 1: CHASSE R, ROCK BACK, RECOVER, CHASSE L, ROCK BACK, RECOVER**

1&2      RF.step to R-side – LF. step next to RF – RF.step to R-side (12.00)  
3-4      LF. rock back – RF. recover  
5&6      LF. step to L-side – RF. step next to LF – LF. step to L-side  
7-8      RF. rock back– LF. recover

## **SEC 2: CROSS, POINT, CROSS, POINT, CROSS, 1/4 R-STEP BACK, SWAY R-L**

1-2      RF. cross over LF – LF. tap toe to L-side  
3-4      LF. cross over RF – RF. tap toe to R-side  
5-6      RF. cross over LF - LF. 1/4 turn R, step back (3.00)  
7-8      RF. sway to R-side - LF. sway to L-side

## **SEC 3: SHUFFLE FWD, ROCK FWD, RECOVER, SHUFFLE BACK, ROCK BACK, RECOVER**

1&2      RF. step fwd – LF. step together – RF. step fwd  
3-4      LF. rock fwd– RF. recover  
5&6      LF. step back – RF. step together – LF. step back  
7-8      RF. rock back – LF. recover (3.00)

## **SEC 4: PIVOT 1/4, PIVOT 1/4, SIDE ROCK, RECOVER, SIDE, TOUCH**

1-2      RF. step fwd – LF. 1/4 turn L (12.00)  
3-4      RF. step fwd – LF. 1/4 turn L (9.00)  
5-6      RF. rock to R-side, LF. recover  
&7-8      RF. step together – LF. step to L-side – RF. touch next to LF (9.00)

**Start again !**

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