

Take It

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Geri Morrison (UK)
音樂: Here Is My Heart - Lionel Richie



MONTEREY ½ TURN RIGHT, POINT CROSS, SIDE TOUCHES, TOUCH KICK CROSS

1-2 Touch right toe to right side. ½ turn right on right foot,
3-4 Point left toe across right diagonally, point left toe to left side
&5-6 Step left beside right, point right to right side. Touch right beside left
7-8 Kick right diagonally right, cross right over left

TOUCH KICK CROSS UNWIND ½ RIGHT, CROSS LEFT, STEP BACK, RIGHT SHUFFLE FORWARD

1-2 Touch left toe next to right, kick left toe diagonally left
3-4 Cross left over right, unwind ½ turn right
5-6 Cross right over left, step back on left
7&8 Shuffle forward, right, left, right

CROSS BACK, SHUFFLE FORWARD, ROCK STEP, TRIPLE ½ TURN RIGHT

1-2 Cross left over right, step back on right
3&4 Shuffle forward, left, right, left
5-6 Rock forward on right, recover weight on left
7&8 Triple ½ turn right, right, left, right

ROCK ½ TURN RIGHT, ROCK STEP, HEEL BALL CROSS, ROCK STEP ¼ TURN RIGHT

1-2 Rock left foot to left side, sway left, sway right (weight on right foot)
3-4 Turn ½ turn right stepping left to left side swaying left, take weight on right foot swaying right
5&6 Touch left heel diagonally forward, step back on ball of left, cross right over left
7-8 Step left to left, recover weight on right turning right ¼ turn right

STEP FORWARD, CLAP, HIP BUMPS, ROCK RECOVER ¾ TRIPLE RIGHT

1-2 Step forward on left, clap
3&4 Bump hips forward, bump hips back, bump hips forward, (weight on left foot)
5-6 Rock forward on right, recover weight on left
7&8 Triple ¾ turn right, right, left, right

KICK LEFT, STEP BACK, ROCK RECOVER, SKATE, SKATE TURN LEFT, SKATE SKATE

1-2 Kick left foot forward, step back on left
3-4 Rock back on right, rock forward on left
5-6 Skate diagonally forward on right, skate diagonally forward on left (swivel on balls of feet)
7-8 Turn ¼ left skate right, skate left, (swivel on balls of feet) take weight on left

REPEAT
