

# 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**

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