

Take It Back

COPPERKNOB
STEPSHEETS

拍數: 0 牆數: 0 級數:
編舞者: Donna Aiken (USA)
音樂: Take It Back - Reba McEntire



SECTION 1

1-2 Walk forward right heel - drop toe
3-4 Walk forward left heel drop toe
5-8 Step right to side & rock right-left-right-left

SECTION 2

1-2 Step right over left - hold
3-4 Step left over right - hold
5 Step right back 45 degree angle (don't move left)
6 Shift weight to left
7-8 Step right over left - hold

SECTION 3

1 Step or lunge to left with/left (weight goes over foot)
2 ¼ pivot to right putting weight on right
3&4 Forward left - slide right - left
5 Step right forward
6 ½ pivot left putting weight on left
7&8 Forward right - slide left - right

SECTION 4

1 Left toe cross behind right
& Rise to balls of both feet making ¼ turn to left
2 Weight to right foot
3 Kick left forward (small kick)
& Weigh on ball of left and push
4 Step right forward
5-6 Walk forward left heel - drop toe
7 Kick right forward (small kick)
& Weight on ball of right and push
8 Step left forward

SECTION 5

1 Touch right heel forward
2 Cross or hook right in front of left
3&4 Shuffle forward at angle (right-slide left-right)
5 Touch left heel forward
6 Cross or hook left in front of right
7&8 Shuffle forward at an angle (left-slide right- left)

SECTION 6

1-2 Kick right - step back right
3-4 Kick left - step back left
5-6 Kick right - step back right
7-8 Kick left - step back left

When danced to Reba's "Take It Back":

Dance above patterns 3 times

Dance first pattern 2 times

Dance above patterns 2 times

Dance first pattern 2 times

Dance above patterns 1 time

Dance first pattern 2 times and end with 1 step forward with/right
