

Take It Down

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Intermediate/Advanced
編舞者: Bev Kerins (USA)
音樂: No One Else On Earth - Wynonna



KNEE BENDS, ROCK-STEP, KNEE BENDS, ROCK-STEP

- 1-2 With weight even on both feet, bend knees; while straightening knees, scoop hips to the left and touch right heel forward
- &3-4 Rock back on ball of right foot; step left foot in place; touch right heel forward
- 5-6 With weight even on both feet, bend knees; while straightening knees, scoop hips to the right and touch left heel forward
- &7-8 Rock back on ball of left; step right foot in place; touch left heel forward.

SYNCOPATED VINE LEFT, ROCKING CHAIR

- 9-10 Step left foot to left; cross-step right foot over left
- &11 Step left foot to left; cross-step right foot behind left
- &12 Step left foot to left; cross-step right foot over left
- 13&14 Step left foot beside right; kick right foot forward; bend both knees (bring right foot even with left but keep it up off the floor)
- &15&16 Straighten left knee and kick right forward; step right beside left; rock back on ball of left; step right foot in place.

SIDE SHUFFLE; ¼ TURN, SIDE SHUFFLE, HIP ROLLS

- 17&18 Step left foot to left side; step right together; step left foot to left side
- & Pivot ¼ turn left, hitching right knee
- 19&20 Step right foot to right side; step left together; step right foot to right side
- 21 Angle body slightly left and step back on left foot bending left knee
- 22 Shifting weight forward to right foot, bend right knee and straighten left knee
- 23-24 Shift weight back to left; bend left knee and straighten right knee.
(Hips should undulate backward & forward, like a wave.)

HIP ROLL, ROCK STEP, SYNCOPATED HEEL & TOE TOUCHES

- 25-26 Shifting weight forward to right foot, bend right knee and straighten left knee; hold
- &27-28 Rock back on ball of left foot; step right foot in place; hold
- &29 Jump back on ball of left; touch right heel forward
- &30 Step right foot in place; touch ball of left beside right
- &31 Jump back on ball of left foot; touch right heel forward
- &32 Step right foot in place; touch ball of left beside right.

REPEAT
