

Take It From Me

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Laura Dyas (UK) & Rachel Gaylard
音樂: No Strings Attached - *NSYNC



RIGHT ROCK FORWARD & BACK & FORWARD & TOGETHER, LEFT FOOT FORWARD & BACK & FORWARD & TOGETHER

1&2& Rock forward on right foot, step back on left foot, rock back on right foot, step forward on left
3&4 Rock forward on right foot, step back on left foot, step right foot together
5&6& Rock forward on left foot, step back on right foot, rock back on left foot, step forward on right
7&8 Rock forward on left foot, step back on right foot, step left foot together

RIGHT TOE TOUCHES, CROSS SHUFFLE, LEFT TOE TOUCHES, CROSS SHUFFLE

9&10 Touch right to right side, touch right beside left, touch right to right side
11&12 Cross step right over left, step left to left side, cross step right over left
13&14 Touch left to left side, touch left beside right, touch left to left side
15&16 Cross step left over right, step right to right side, cross step left over right

SIDE RIGHT TOUCH, SIDE LEFT TOUCH, RIGHT KICK BALL TOUCH, LEFT KICK BALL CHANGE

17-18 Step right to right side, touch left beside right and click fingers
19-20 Step left to left side, touch right beside left and click fingers
21&22 Kick right forward, step right beside left, touch left beside right
23&24 Kick left forward, step left beside right, step onto right in place

CROSS/BALL, CROSS/BALL, CROSS/BALL, RONDE, CROSS/BALL, CROSS/BALL, CROSS/BALL, ¼ TURN RIGHT

25&26& Cross/step left over right, step on ball of right, cross/step left over right, step on ball of right
27&28 Cross left over right, step on ball of right, cross left over right, sweep right toe out to right side making ½ circle from back to front
29&30&31 Cross right over left, step on ball of left, cross right over left, step on ball of left, cross right over left
32 Touch left to left side making a ¼ turn right

LEFT SAILOR, RIGHT SAILOR, STEP LOCKS

33&34 Cross left behind right, step right to right side, step left to place
35&36 Cross right behind left, step left to left side, step right to place
37-38 Step forward left, hold
&39&40 Right lock step, right lock step

Clap hands on hold

STEP LOCKS, ROCK STEP, TRIPLE ½ TURN

41-42 Step forward right, hold and clap hands
&43&44 Left lock step, left lock step
45-46 Rock forward on left, recover back on right
47&48 Triple step ½ turn left stepping- left, right, left

FORWARD ROCK, COASTER STEP, LEFT FORWARD ½ TURN HEEL DROPS

49-50 Rock forward on right, rock back onto left
51&52 Step back on right, step left beside right, step forward on right
53 Step left forward in line with right
54-56 Lift heels off floor and replace a total of three times while turning right so the three turns total ½ right

BACK, TOGETHER, FORWARD, FORWARD, LEFT FORWARD ½ TURN HEEL DROPS, TOUCH RIGHT BESIDE RIGHT

57&58 Step back on to ball of right, step ball of left next to right, step right forward

59-60 Step left forward, step right forward,

(Optional styling) put arms out horizontal to the floor on counts 53-56 for balance as well as fun

61 Step left forward in line with right

62&63 Lift heels off floor and replace twice, totaling ½ turn right

64 Touch right beside left

(Optional styling) put arms out horizontal to the floor on counts 61-64 for balance as well as fun

REPEAT
