

# 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**

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