

Take Me Back

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Phil Carpenter (UK)
音樂: Where the Poor Boys Dance - Lulu



ROCK REPLACE, TOUCH, SWIVEL TURN RIGHT, RIGHT KICK BALL FORWARD, STEP FORWARD, ½ PIVOT TURN LEFT

- 1-2 Right foot rock forward, replace weight on left foot
- 3-4 Right foot touch back beside left, on balls of both feet swivel ¼ turn right (weight on left)
- 5&6 Right foot kick forward, right foot step beside left, left foot step forward
- 7-8 Right foot step forward, ½ pivot turn left

TRIPLE TURN LEFT TWICE, RIGHT ROCK REPLACE, TRIPLE ½ TURN RIGHT

- 9&10 Triple step ½ turn left, stepping right, left, right
- 11&12 Triple step ½ turn left, stepping left, right, left
- 13-14 Right foot rock forward, replace weight on left
- 15&16 Triple step ½ turn right, stepping right, left, right

HEEL SWIVEL TWICE, RIGHT CROSSING SHUFFLE, SIDE LEFT WITH HIP BUMPS LEFT AND RIGHT, LEFT CROSS, UNWIND ½ TURN RIGHT

- 17-18 Swivel both heels left, right
- 19&20 Right foot cross over left, left foot step side left, right foot cross over left
- 21-22 Left foot step side left swing hips left, swing hips back to right (weight on right)
- 23-24 Left foot cross over right, unwind ½ turn right

HEEL SWIVEL TWICE, RIGHT CROSSING SHUFFLE, SIDE LEFT WITH HIP BUMPS LEFT AND RIGHT, LEFT CROSS, UNWIND ½ TURN RIGHT

- 25-26 Swivel both heels left, right
- 27&28 Right foot cross over left, left foot step side left, right foot cross over left
- 29-30 Left foot step side left swing hips left, swing hips back to right (weight on right)
- 31-32 Left foot cross over right, unwind ½ turn right

REPEAT

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On wall 4, after step 32, continue with

- 1&2 Chasse right
- 3-4 Left foot rock back, replace weight on right
- 5&6 Chasse left
- 7-8 Right foot rock back, replace weight on left

On wall 9, omit steps 29-32 (left side step and hip swings, left cross and unwind ½ turn right), but add the following:

- 1-4 Left foot large step side left, right foot closes to left slowly over three counts
 - 5-8 Right foot large step to side right, left foot closes to right slowly over three counts
 - 9-12 Left foot large step side left, right foot closes slowly over three counts
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