

Take Me Back

拍數: 96 牆數: 2 級數: Intermediate
編舞者: Sheryl Newman (UK) & Lisa Newman
音樂: Mi Chico Latino - Geri Halliwell



LEFT & RIGHT SAILOR STEP, LEFT MAMBO FORWARD & RIGHT MAMBO BACK

1&2 Cross left behind right, step right to right side, step left in place
3&4 Cross right behind left, step left to left side, step right to place
5&6 Rock forward left, rock back right, step left next to right
7&8 Rock back right, rock forward left, step right next to left

MAMBO LEFT, MAMBO RIGHT, ½ TURN LEFT, CIRCLE HIPS

9&10 Rock left to left side, recover weight on right, step left next to right
11&12 Rock right to right side, recover weight onto left, step right next to left
13-14 Cross left behind right and unwind ½ turn left
15-16 Circle hips to the left
17-32 Repeat counts 1-16 on opposite foot

SIDE STEPS RIGHT, CHASSE RIGHT, HIP BUMPS

33-34 Side step right, step left behind right
35&36 Side step right, step left next to left, side step right
37-40 Bump hips left, right, left, right

SIDE STEPS LEFT, CHASSE LEFT, 4 X ¼ PADDLE TURNS LEFT

41-42 Side step left, step right behind left
43&44 Side step left, step right next to left, side step left
&45 Step right forward ¼ pivot turn left
&46-48 Repeat 3 more times to complete full turn left

POINT RIGHT FORWARD, SIDE, RIGHT SAILOR, POINT LEFT FORWARD, SIDE, LEFT SAILOR

49-50 Point right forward, point right to the side
51&52 Cross right behind left, step left to left side, step right to place
53-54 Point left forward, point left to side
55&56 Cross left behind right, step right to right side, step left to place

½ PIVOT TURN LEFT, ½ TRIPLE TURN LEFT, HIP BUMPS

57-58 Step forward right ½ pivot turn left
59&60 Triple step right, left, right to ½ turn left (1 ½ turn alternative)
61-64 Bump hips, left, right, left, right

LEFT HEEL JACK, FORWARD RIGHT, LEFT, LEFT MAMBO FORWARD, BACK RIGHT, LEFT

&65 Step back right, touch left heel forward
&66 Step left in place, cross right over left
67-68 Walk forward left, right
69&70 Rock forward left foot, recover back right, step left next to right
71-72 Walk back right, left

FULL TURN RIGHT, RIGHT CHASSE, FULL TURN LEFT, LEFT CHASSE

73-74 Full turn right, stepping right, left
75&76 Side step right, step left next to right, side step right
77-78 Full turn left, stepping left, right

79&80 Side step left, step right next to left, side step left

MONTEREY TURN RIGHT, MONTEREY TURN LEFT

81-82 Touch right to right side ½ turn right on left, step right next to left

83-84 Touch left to left side, touch left next to right

85-86 Touch left to left side ½ turn left on right, step left next to right

87-88 Touch right to right side, touch right next to left

WALKS FORWARD, ½ PIVOT TURN RIGHT, SIDE ROCK LEFT

89-90 Walk forward right, left

91&92 Walk forward right, left, right (small steps moving hips)

93-94 Step forward left and ½ pivot turn right

95-96 Rock left to left side, recover weight on right

REPEAT
