

Take Note

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Michael Vera-Lobos (AUS)
音樂: Write This Down - George Strait



HEEL, & HEEL, & STEP, SLIDE

1 Touch right heel 45 degrees right
&2 Jump right beside left touching left heel 45 degrees left
&3 Step left to center pushing the right foot forward 45 degrees right
4 Slide left beside right (keep weight on right foot)

ROCK FORWARD, ROCK BACK, ½ SHUFFLE LEFT

5-6 Rock forward left, rock back onto right
7&8 Turning ½ turn left shuffle left-right-left

HEEL, & HEEL, & STEP, SLIDE

1 Touch right heel 45 degrees right
&2 Jump right beside left touching left heel 45 degrees left
&3 Step left to center pushing the right foot forward 45 degrees right
4 Slide left beside right (keep weight on right foot)

ROCK FORWARD, ROCK BACK, ¼ SHUFFLE LEFT

5-6 Rock forward left, rock back onto right
7&8 Turning ¼ turn left side shuffle left-right-left

CROSS WEAVE, CROSS RIGHT, SIDE LEFT, RIGHT BEHIND, POINT LEFT

1-2 Cross right over left, step left to left
3-4 Cross right behind left, point left toe to left side

POINT RIGHT, TOUCH LEFT HEEL FORWARD, STEP FORWARD RIGHT, ½ PIVOT LEFT

&5 Jump left to center pointing right toe to right side
&6 Jump right to center touching left heel forward
&7 Step left to center pushing right foot forward (weight on right)
8 Pivot ½ turn left (end weight on left)

ROCK FORWARD, ROCK BACK, ½ SHUFFLE RIGHT

1-2 Rock forward right, rock back on left
3&4 Turning ½ turn right shuffle right-left-right

STEP FORWARD LEFT, ¼ POINT RIGHT, STEP FORWARD LEFT, ½ PIVOT RIGHT

5-6 Step forward left, pivot ¼ turn right
7-8 Step forward left, pivot ½ turn right

TRAVELING FORWARD; CROSS SAMBA LEFT, CROSS SAMBA RIGHT

Traveling forward

1&2 Cross left over right, step right to right, step left to center
3&4 Cross right over left, step left to left, step right to center

ROCK FORWARD LEFT, ROCK BACK ON RIGHT, LEFT COASTER

5-6 Rock forward left, rock back on right
7&8 Left coaster; step back on left, step right beside left, step forward on left

STEP FORWARD RIGHT, ¼ PIVOT LEFT, CROSS RIGHT, SIDE LEFT, RIGHT BEHIND, SIDE LEFT, CROSS RIGHT, POINT LEFT

- 1-4 Step forward right, pivot ¼ turn left, cross right over left, step left to left side
5-8 Cross right behind left, step left to left, cross right over left, point left toe to left side

STEP FORWARD LEFT, HOOK RIGHT ¼ LEFT, LEFT HEEL, STEP FORWARD RIGHT, STEP FORWARD LEFT, HOOK RIGHT ¼ LEFT, LEFT HEEL, STEP FORWARD RIGHT

- 1-2 Step forward left, hook right behind left turning ¼ turn left
&3 Jump right to center touching left heel forward
&4 Step left to center stepping forward onto right
5-6 Step forward left, hook right behind left turning ¼ turn left
&7 Jump right to center touching left heel forward
&8 Step left to center stepping forward onto right

SIDE SHUFFLE LEFT, HINGE ½ turn LEFT, SIDE SHUFFLE RIGHT

- 1&2 Side shuffle left stepping left-right-left, hinge turn ½ turn left
3&4 Side shuffle right stepping right-left-right

TURN full turn LEFT, TAP RIGHT

- 5-8 Turn full turn left stepping left-right-left, tap right beside left

REPEAT

TAG

At the end of second wall, restart dance & complete first 24 counts. The weave has just been completed pointing the left to left. Point right, step right beside left touching left heel forward, step left to center to step forward on right, pivot ½ turn left, restart dance from heel & heel.
