

Take On Me

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Gerard Murphy (CAN), Jo Kinser (UK) & John Kinser (UK)
音樂: Take On Me - a-ha



ROCK BACK, REPLACE, STEP FORWARD, HOLD, STEP, ½ TURN, ½ TURN, HOLD

1-2 Rock right back, replace weight left
3-4 Step right forward, hold
5-6 Step left forward, turn ½ turn right (weight to right)
7-8 Turn ½ right and step left foot next to right foot, hold (12:00)

ROCK BACK, REPLACE, STEP FORWARD, CROSS, BACK, TURN, CROSS

1-2 Rock right back, replace weight left (10:00)
3-4 Step right forward, hold
5-6 Cross left over right, step back right
7-8 Turn 1/8 turn left and step left to left, cross right over left (9:00)

STEP, KICK, BACK, TOUCH, STEP, LOCK, STEP, HITCH

1-2 Step left to left, kick right low forward
3-4 Step right back, touch left next to right
5-6-7 Step left forward, lock right behind left, step left forward
8 Hitch right knee

Snap right hand to right

PADDLE ½ TURN, STEP, ¼ TURN, CROSS

1-2 Turn 1/8 right and step right foot forward (10:30), turn 1/8 turn right and step the ball of left behind right (12:00)
3-4 Turn 1/8 right and step right foot forward (1:30), turn 1/8 turn right and step the ball of left behind right (3:00)
5-6 Step right forward, step left forward
7-8 Turn ¼ right (weight to right), cross left over right (6:00)

STEP, SLIDE, TOGETHER, SIDE, BEHIND, ¼ TURN, FORWARD, HOLD

1-2 Step right big step to right, slide left to right
3-4 Step left next to right, step right to right
5-6 Step left behind right, turn ¼ right and step right foot forward (9:00)
7-8 Step left forward, hold

TURN, HOLD, COASTER STEP, SIDE MAMBO, TOUCH

1-2 Turn ½ left and step back right, hold
3-4-5 Step back left, step right next to left, step left forward
6-7-8 Rock right to right, replace weight left, touch right next to left (3:00)

REPEAT

TAG

At the end of walls 3, 5, 7, 9

MAMBO BACK HOLD, MAMBO FORWARD HOLD, WALK BACK RIGHT-LEFT-RIGHT KICK, LEFT-RIGHT-LEFT KICK

1-4 Rock right back, replace weight left, step right next to left, hold
5-8 Rock left forward, replace weight right, step left next to right, hold

1-4 Walk back small steps right, left, right, kick left foot forward
5-8 Walk back small steps left, right, left, kick right foot forward
