

Take The Lead

拍數: 0 牆數: 1 級數: Intermediate
編舞者: Annemette Toft (DK)
音樂: Take The Lead (Wanna Ride) - Bone Thugs-N-Harmony



Sequence: AAB ABB ABB A A(4 counts)

PART A

KICK CROSS, POINT, KICK CROSS, POINT, SAILOR, SAILOR ¼

- 1-4 Kick right in front of left, step right in front of left, point left to the left, kick left in front of right, step left in front of right, point right to the right
- 5-8 Sweep right behind left and step right down, step left to the left, step right down, sweep left behind right and step left down, step right to the right, step forward on left while turning ¼ to the left

HIP BUMP, TURN ½, TURN ½, HIP BUMP, ROCK & RECOVER, LOCK STEPS

- 9-12 Point right forward, hip bump, step down on right while turning ½ to the left, turn ½ to the left again and point left forward, hip bump, step down on left
- 13-14 Rock forward on right, recover on left
- 15&16 Lock steps backwards right-left-right

ROCK & RECOVER, TURN ½, BODY ROLL, LOCK STEPS

- 17-20 Rock back on left, recover on right, turn ½ to the right and step left down, touch right next to left
- 21&22 Body roll down
- 23&24 Lock steps forward right-left-right

½ SQUARE

- 25-28 Step left forward, step right to the right (long step), turn ½ to the left and step down on left, touch right next to left

KICK, TURN ¼, SHOULDER PUSH, TURN ½, TURN ½, CROSS, HEEL

- 29-32 Kick right forward, turn ¼ to the right and step right down, step left down, shoulder push to the left, step right down
- 33-36 Turn ½ to the left and step left down, step right down next to left (weight on right), turn ½ to the left and step left down, cross right in front of left, step left to the left, point right heel slightly diagonally

TURN ¼, TOUCH, POINT, STEP, POINT, STEP, STEP LEFT, TOUCH, FULL TURN

- 37-40& Turn ¼ to the right and step right down, touch left next to right, point left to the left, step left next to right and shift weight to left, point right to the right, step right next to left and shift weight to right
- 41-44 Step left to the left, touch right next to left, turn ¼ to the right and step right down, turn ½ to the right and step down on left, turn ½ to the right and step down on right

CROSS LEFT, CROSS RIGHT, TURN ¾, TURN ½, LOCK STEPS

- 45-48 Step left to the left, step right down, cross left over right and step down, step right to the right, step left down, cross right over left and step down
- 49-52 Turning ¾ to the right and step down on left, turn ½ to the right and step slightly forward on right, step forward on left, step right behind left, step forward on left

STEP, SCUFF, LOCK STEPS, TURN ¼, STEP, TURN ½, STEP LEFT, STEP RIGHT, STEP LEFT

- 53-56 Step forward on right, scuff left, step left down behind right, step right directly in front of left and step down, step backwards on left
- 57-60 Turn $\frac{1}{4}$ to the right and step down on right, step left next to right and put the weight on left, step out on right, turn $\frac{1}{2}$ to the left and step down on left, step right next to left, step left to the left

PART B

SCUFF, KNEE POINTS, CROSS, TURN $\frac{1}{4}$, TURN $\frac{1}{2}$, STEP FORWARD

- 1-4& Scuff right toe forward, point right toe to the right while bending right knee, point right knee in, point right knee out, point right knee in, put the weight on right foot
- 5-8& Cross left over right, turn $\frac{1}{4}$ to the left and step down on right, turn $\frac{1}{2}$ to the left and step down on left, step forward on right, step forward on left, step out on right

STEP OUT, ROCK BACK, CROSS OVER, TURN $\frac{1}{4}$, STEP DOWN, HEEL SWIVELS

- 9-12 Step down on left, rock back on right, cross left over right, turn $\frac{1}{4}$ to the left and step down on right
- 13-16 Step down on left, step right next to left, swivel both heels left, swivel both heels right, swivel both heels left, swivel both heels back in place
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