

Take Me Back

拍數: 64 牆數: 2 級數: High Intermediate
編舞者: Dee Musk (UK) & Debbie Ellis (ES) - May 2009
音樂: Take Me Back (feat. Taio Cruz) - Tinchy Stryder



32 Count Intro. Approx 16 seconds. Track approx 3min 09 secs

PRESS KICK, BEHIND SIDE STEP, ½ TURN R, ¼ TURN R, RECOVER CROSS.

- 1,2 Press R to R side, recover weight to L whilst kicking R.
3&4 Cross step R behind L, step L to L side, step R forward.
5,6 Making a ½ turn R step back on L, make a ¼ turn R stepping R to R side
7,8 Recover weight to L, cross step R over L. (9 o'clock).

ROCK ¼ TURN L, SIDE TOUCH, TOUCH CROSS, BACK SIDE.

- 1,2 Rock L to L side, recover making a ¼ turn L.
3,4 Step L to L side, touch R toe in front of L.
5,6 Touch R toe to R side, cross step R over L.
7,8 Step back on L, step R to R side. (6 o'clock).

DIAGONAL STEP, PUSH RECOVER, SIDE STEP, STEP PIVOT, DIAGONAL PUSH RECOVER. BALL CROSS.

- 1,2,3 Facing R diagonal step forward on L, touching R toe forward push hips forward, step back on R pushing hips back (weight back on R).
4,5 Step L to L side facing 6 o'clock, step forward on R.
6 Make a ½ turn L (weight forward on L).
7,8 Facing L diagonal touching R toe forward push hips forward, push hips back (weight back on L).
&1 Step R to R side, cross step L over R. (12 o'clock).

SIDE DRAG BALL CROSS, ¼ TURN R, ½ TURN R, ¼ TURN DRAG BALL CROSS.

- 2,3&4 Step R to R side, drag L in beside R, step L beside R, cross step R over L.
5,6,7 Make a ¼ turn R stepping back on L, make a ½ turn R stepping forward on R, make a ¼ turn R stepping L to L side.
8&1 Drag R beside L, step R beside L, cross step L over R. (12 o'clock).

¼ TURN L, ½ TURN L, STEP PIVOT, LOCK STEP, TOUCH FORWARD.

- 2,3 Make a ¼ turn L stepping back on R, make a ½ turn L stepping forward on L.
4,5 Step forward on R, make a ½ turn L (weight forward on L).
6&7 Step forward on R, cross lock L behind R, step forward on R.
8 Touch L toe forward. (9 o'clock).

TOUCH BACK, ½ REVERSE TURN L, ¼ TURN L, SAILOR STEP, HOLD AND SIDE, TOUCH.

- 1,2 Touch L toe back, make a ½ reverse turn L (weight forward on L).
3 Make a ¼ turn L stepping R to R side.
4&5 Cross step L behind R, step R to R side, step L to L side.
6 HOLD.
&7,8 Step R beside L, step L to L side, touch R beside L. (12 o'clock).

V S TEP, HOLD, BALL STEP PIVOT, SIDE STEP, SAILOR ½ TURN CROSS R.

- 1,2 Step out on R, step out on L.
3 HOLD.
&4,5 Step R beside L, step forward on L, make a ½ pivot R (weight forward on R).
6 Step L to L side.

7&8 Making a ½ turn R cross step R behind L, step L to L side, cross step R over L. (12 o'clock).

BACK SIDE, WALK WALK, ½ TURN R, HOLD, BACK ROCK KICK.

1,2 Step back on L, step R to R side.

3,4 Walk forward L, walk forward R.

5,6 Make a ½ turn R stepping back on L, HOLD count 6.

7&8 Rock back on R, recover weight to L, kick R to R diagonal. (6 o'clock).

deemusk@btinternet.com Dee – 07814 295470 dance_deb@yahoo.co.uk Debbie – 0034 666 654 202
