

It Takes More

拍數: 64 牆數: 2 級數: Easy Intermediate
編舞者: Alison Carrington (UK) - February 2010
音樂: Baby (You've Got What It Takes) (with Sharon Jones & the Dap-Kings) - Michael
Bubl  : (Album: Crazy Love)



SHUFFLE FWD, SHUFFLE FWD, ROCK, RECOVER, SHUFFLE BACK

1&2 Step right forward, bring left to right, step right forward
3&4 Step left forward, bring right to left, step left forward
5,6 Rock right forward, recover onto left
7&8 Step right back, bring left to right, step right back

SHUFFLE BACK, ROCK BACK & RECOVER, JAZZ ¼ RIGHT

1&2 Step left back, bring right to left, step left back
3&4 Rock back on right, rock forward on left
5,6,7,8 Cross right over left, step back on left, make ¼ turn right on right, cross left over right

SIDE CHASSE, ROCK BACK & FORWARD, KICK, BALL, CROSS X 2

1&2 Step right to right, bring left to right, step right to right
3,4 Rock left behind right, recover onto right
5&6 Kick left forward, recover onto ball of left, cross right over left
7&8 Kick left forward, recover onto ball of left, cross right over left

SIDE, HOLD, SAILOR ¼ RIGHT, KICK, BALL, CHANGE, STOMP

1,2 Step left to left, hold
3&4 Bring right behind left as make ¼ turn right, step left to side, step on right
5&6 Kick left forward, step on ball of left, step right in place
7,8 Stomp left in place and hold

SIDE, HOLD, & SIDE, HOLD, & SIDE ROCK, BEHIND & CROSS

1,2& Step right to right & hold, bring left to right
3,4& Step right to right & hold, bring left to right
5,6 Rock right to right, recover onto left
7&8 Bring right behind left, step left to left, cross right over left

HEEL GRIND, HEEL GRIND, ROCKING CHAIR

1,2 Heel grind with left (pivoting on heel from 12.00 to 9.00)
3,4 Heel grind with right (pivoting on heel from 12.00 to 3.00)
5,6 Rock left forward, rock back on right
7,8 Rock left back, rock forward on right

JAZZ BOX ¼ TURN LEFT X 2

1,2 Cross left over right, step right back
3,4 Step left to left as make ¼ turn left, bring right beside left
5,6 Cross left over right, step right back
7,8 Step left to left as make ¼ turn left, bring right beside left

SAILOR STEP, ¼ RIGHT ROCK STEP, MONTEREY ¼

1&2 Bring left behind right, step right to right, step on left
3,4 Rock back on right as turn ¼ turn right, rock forward on left
5,6 Touch right to right, turn ¼ right
7,8 Touch left to left, bring left beside right

