

Take It From There

拍數: 48 牆數: 2 級數: Easy Intermediate
編舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - July 2011
音樂: I Can Take It from There - Chris Young



Starts On Vocal (16 Counts.)

Side, Together, Forward, Side, Together Back, Sway, Sway, Behind & Cross.

- 1-3 Step Left to Left side, step Right next to Left, step forward on Left.
- 4&5 Step Right to Right side, step Left next to Right, step back on Right.
- 6-7 Sway hips to Left, sway hips to Right.
- 8&1 Cross step Left behind Right, step Right to Right side, cross step Left over Right.

Point, Cross, Rock & Cross, 1/4, Side, Right Shuffle.

- 2-3 Point Right to Right side, cross step Right over Left.
- 4&5 Rock Left to Left side, recover on Right, cross step Left over Right.
- 6-7 Make 1/4 turn to Left stepping back on Right, step Left to Left side.
- 8&1 Step forward on Right, step Left next to Right, step forward on Right.

Rock Step, Coaster Step, Rock Step, Shuffle 1/2.

- 2-3 Rock forward on Left, recover on Right.
- 4&5 Step back on Left, step Right next to Left, step forward on Left.
- 6-7 Rock forward on Right, recover on Left.
- 8&1 Make 1/4 turn Right stepping Right to Right side, step Left next to Right, 1/4 turn Right stepping forward on Right.

Rock Step, Shuffle 1/2, Step, 1/2 Pivot, Kick & Step.

- 2-3 Rock forward on Left, recover on Right.
- 4&5 Make 1/4 Left stepping Left to Left side, step Right next to Left, 1/4 turn Left stepping forward Left.
- 6-7 Step forward on Right, pivot 1/2 turn to Left.
- 8&1 Kick Right forward, step Right next to Left, step forward on Left.

Walk, Walk, Mambo Step, Back, Back, Coaster Cross.

- 2-3 Walk forward Right-Left.
- 4&5 Rock forward on Right, recover on Left, step back on Right.
- 6-7 Walk back Left-Right.
- 8&1 Step back on Left, step Right next to Left, cross step Left over Right.

Side Rock, Sailor 1/4, Cross Rock, Chasse Left.

- 2-3 Rock Right to Right side, recover on Left.
- 4&5 Make 1/4 turn to Right cross stepping Right behind Left, step Left next to Right, step Right to Right side.
- 6-7 Cross rock Left over Right, recover on Right.
- 8&(1) Step Left to Left side, step Right next to Left, (1) (step Left to Left side).