

Take it Off

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Tony Myers (UK) - September 2011
音樂: Take It Off - Joe Nichols



Intro 16 Counts

Step, Lock, Step : Step, Lock, Step : Step, Scuff, Step, Scuff : Coaster Turn

1&2 Step forward on right (1) Lock left behind right (&) Step forward on right (2) (To right Diagonal)
3&4 Step forward on left (3) Lock right behind left (&) Step forward on left (4) (To left diagonal)
5&6& Step right to side (5) Scuff left forward (&) Step left to side (6) Scuff right forward (&)
7&8 Turn ¼ right step back on right (7) Step left with right (&) Step forward on right (8)(3:00)

Sailor Point : Sailor Step : Behind, Side, Cross : & Behind, Side, Cross

1&2 Step left behind right (1) Step right with left (&) Point left to side (2)
3&4 Step left behind right (3) Step right with left (&) Step left to side (4)
5&6 Step right behind left (5) Step left to side (&) Cross right over left (6)
&7&8 Step left to side (&) Step right behind left (7) Step left to side (&) Cross right over left (8)

*& Point, Turn, Point : Full Turn Left : Cross Rock, Side : Cross, Turn, Turn

&1&2 Step left with right (&) Point right to side (1) Turn ½ right step on right (&) Point left to side (2)(9:00)
3&4 Turn ¼ left forward on left (3) Turn ½ left back on right (&) Turn ¼ left step left to side (4) (easy option side chasse left)#
5&6 Rock right across left (5) Recover on left (&) Step right to right side (6)
7&8 Cross left over right (7) Step ¼ left back on right (&) Turn ¼ left forward on left (8) (3:00)

Forward, Tap Behind, Tap Forward : L Back, R Strut Back : ¾ Shuffle Turn : Kick Ball Cross

1&2 Step forward on right (1) Tap left behind right (&) Tap left forward (2)
3&4 Step back on left (3) Touch right toes back (&) Step down on right (4)
5&6 Turn ½ left on left (5) Step right with left (&) Turn ¼ left forward on left (6)(6:00)
7&8 Kick right forward (7) Step down on right (&) Cross left over right (8)

Side Rock, Recover, Cross Heel & Side: Cross Heel & Side, Cross Rock : Recover & Side Chasse : ¼ Sailor Turn

1&2& Rock right to side (1) Recover on left (&) Grind right heel over left (2) Step left to side (&)
3&4 Grind right heel over left (3) Step left to side (&) Rock right over left (4)
5,6&7 Recover on left (5) Step right to side (6) Step left with right (&) Step right to side (7)
8&1 Step left behind right (8) Turn ¼ right step right to side (&) Step left to side (1)(9:00)

Mambo Turn : Side, Together, Cross : & Cross : Turn Back, Back, Cross

2&3 Rock forward on right (2) Recover on left (&) Turn ½ right step forward on right (3) (3:00)
4&5 Step left to side (4) Step right with left (&) Cross left over right (5)
&6 Step right to side (&) Cross left over right (6)
7&8 Turn ¼ left step back on right (7) Step back on left (&) Cross right over left (8) (12:00)

Side, Together, Side, Together : Cross Shuffle : ½ Rumba Box : Turn, Turn, Turn

1&2& Step left to side (1) Step right with left (&) Step left to side (2) Step right with left (&)
3&4 Cross left over right (3) Step right to side (&) Cross left over right (4)
5&6 Step back on right (5) Step left with right (&) Step right to side (6)
7&8 Turn ¼ right step left to side (7) Turn ¼ right step right to side (&) Turn ¼ right step left to side (8) (9:00)

Dorothy Step : Rock Forward & Forward : Step Turn Step : Cross, Back, Turn

1,2& Step forward on right (1) Lock left behind right (2) Step forward on right (&
3&4 Rock forward on left (3) Recover on right (&) Rock forward on left (4)
5&6 Step forward on right (5) Pivot $\frac{1}{2}$ turn left (&) Step forward on right (6)
7&8 Cross left over right (7) Turn $\frac{1}{4}$ right step back on right (&) Step left to side (8) (6:00)

Restart on Wall 3. Dance up to count 2 in section 3 then alter counts 3&4 to:-

3&4 Turn $\frac{1}{4}$ left forward on left (3) Turn $\frac{1}{2}$ left back on right (&) Step left to side (4)(easy left shuffle back $\frac{1}{4}$ right)

You will be back on 12:00 wall, start again from beginning.

Dance will finish on wall 5, Section 4 on counts 5&6 ($\frac{3}{4}$ shuffle) facing front.
