

Take Me Home

拍數: 32 牆數: 4 級數: Intermediate (Quickstep)
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音樂: Mama Take Me Home - Rednex



[1-8] Two Walks, Toe Switches, Toe Touches, Weave

1 step RF forward
2 step LF forward
3 step RF next LF, touch LF to left ..side
& step LF next RF, touch RF to right ..side
4 step RF next LF, touch LF to left ..side
5,6 touch LF behind RF (twice)
7&8 cross LF over RF, step RF to right ..side, step LF behind RF

[9-16] Walks & Locksteps (backward), ¼ turn left, Slide, clap twice

1 step RF backward
2 step LF backward
3&4 step RF backward, cross LF over RF, step RF backward
&5&6 step LF backward, step RF backward, cross LF over RF, step RF backward
7&8 ¼ turn left step LF to left side, slide RF next LF, over counts & (16) clap twice

[17-24] Two Walks, Charleston Steps, Jump & Jack

1 step RF forward
2 step LF forward
3 touch RF forward
4 step RF backward
5 touch LF backward
6 step LF forward
7 jump out (RF +LF)
& jump in (RF +LF)
8 jump out, step LF forward, step RF backward (weight on LF)

[25-32] Lockstep right ¼ turn left with hitch (twice L+R), Heel Swivels right, Chassee'left

1 step RF backward
& cross LF over RF
2 step RF backward
& ¼ turn left, hitch left knee
3 step LF slightly to left side
& ¼ turn left, hitch right knee
4 step RF slightly to right side
5&6 swivel your heels to right side,recover to center, bring your weight on RF
7&8 step LF to left side, step RF next LF, step LF to left side

Tag - 4 counts (after wall 7)

APPLE JACK's

1 With weight on left ball and right heel, swivel left heel and right toe to the left
& Return to center
2 Weight to left heel and right ball and swivel left toe and right heel to the right
& Return to center
3 With weight on left ball and right heel, swivel left heel and right toe to the left
& Return to center
4 Weight to left heel and right ball and swivel left toe and right heel to the right

& Return to center

Have Fun!
