

Take It Off

COPPER KNOB
BY STEPHEN HETS

拍數: 64 牆數: 4 級數: Improver / Easy Intermediate
編舞者: Karen Kennedy (SCO) - May 2012
音樂: Take It Off - Joe Nichols : (CD: It's All Good)



Intro 16 counts - start on vocals

CROSS STEP, SIDE, SAILOR STEP, CROSS STEP, SIDE, 1/4 SAILOR TURN

1 -2 Cross step left over right, step right to side
3&4 Cross left behind right, step right to side, step left to side
5 -6 Cross step right over left, step left to side
7&8 Cross right behind left turning 1/4 right, step right to side, step left to side

ROCK FORWARD, RECOVER, LEFT LOCK BACK, ROCK BACK, RECOVER, KICK BALL CHANGE

1 -2 Rock forward on left, recover on right
3&4 Step left back, lock right in front of left, step left back
5 -6 Rock back on right, recover on left
7&8 Kick right forward, step on ball of right, step left forward

ROCK FWD, RECOVER, FULL TRIPLE TURN, ROCK FORWARD, RECOVER, COASTER STEP

1 -2 Rock forward on right, recover on left
3&4 Full triple turn right- right,left,right or right coaster step * Restart wall 3
5 -6 Rock forward on left, recover on right
7&8 Step back on left, step back in right, step forward on left

1/2 PIVOT, SHUFFLE FORWARD, CROSS STEP, SIDE, LEFT SAILOR HEEL, HOLD, STEP BACK

1 -2 Step forward on right, pivot 1/2 turn left
3&4 Step forward on right, step left beside right, step right forward
5& Cross left over right, step right to side
6&7 Cross left behind right, step right to side, touch left heel to diagonal
8& Hold, step left back in place

CROSS STEP, SIDE, RIGHT SAILOR HEEL, HOLD,STEP BACK, ROCK FORWARD, RECOVER

1& Cross right over left, step left to side,
2&3& Cross right behind left, step left to side, touch right heel to diagonal
4& Hold, step right back in place
5 -6 Rock forward on left, recover on right
7&8 Full triple turn left - left, right, left or left coaster step

ROCK FWD, RECOVER, 3/4 TURN SHUFFLE, ROCK , RECOVER, LEFT LOCK BACK

1 -2 Rock forward on right, recover on left
3&4 3 /4 shuffle turning right - right, left, right
5 -6 Rock forward on left, recover on right
7&8 Step back on left, lock right in front of left, step left back

RIGHT LOCK BACK, BACK ROCK, RECOVER, LEFT KICK BALL STEP, LEFT SHUFFLE

1&2 Step right back, lock left in front of right, step back on right
3 -4 Rock back on left, recover on right
5&6 Kick kick left forward, step left ball back in place, step right forward
7&8 Step left forward, step right beside left, step left forward

1/4 PIVOT LEFT, RIGHT KICK BALL STEP, ROCK FORWARD, RECOVER, FULL TRIPLE

- 1 -2 Step forward on right, pivot 1/4 turn left
- 3&4 Kick right forward, step right ball back in place, step left forward
- 5 -6 Rock forward on right, recover on left
- 7&8 Full triple turn - right, left, right, or right coaster step

START AGAIN
