

Take Care

COPPERKNOB
BY STEPHEN BRETZ

拍數: 128 牆數: 1 級數: Phrased Advanced
編舞者: Simon Ward (AUS) - May 2013
音樂: Take Care (BBC Live At Maida Vale) - Florence + the Machine : (Album: Ceremonials, - iTunes)



Notes: Sequence AAA, B ,AAA, B restart on count 64, AAA, B end on count 64 (step to L)

Part A - 32 counts

[1-8] L side, Hold, Rock R back, Recover L, R side ¼ R, Hold, ¾ turn R stepping L,R

- 1-2 Step left to left side, Hold dragging right towards left
- 3-4 Rock/step right behind left, Recover weight onto left
- 5-6 Step right to right side turning ¼ turn right, Hold (3.00)
- 7-8 Step left forward turning ½ turn right (9.00), Step right back turning ¼ turn right (12.00)

[9-16] Cross L, Hold, R side, Step L next to R, Cross R, 1/8 R, ½ R, Rock fwd L, Recover R

- 1-2 Cross/step left over right (turning body slightly right), hold
- &3-4 Step right to right side, Step left next to right, Cross/step right over left (turning body slightly left)
- 5-6 Step left slightly back turning 1/8 turn right (1.30), Step right back turning ½ turn right (7.30)
- 7-8 Rock/step left forward, Recover weight back on right (7.30)

[17-24] L Back & hitch R, Hold, ¼ R, Point L, Step on L, Step on R turning ½ L, Sweep L, L behind R, Step R to R

- 1-2 Step left back hitching right and pointing right toe down to the floor, Hold (7.30)
- &3-4 Step right back turning ¼ turn right (10.30), Point left toe to left side, Step onto left turning 1/8 turn left (9.00)
- 5-6 Step right slightly forward turning ½ turn left (3.00) sweeping left back behind right for 2 counts
- 7-8 Step left behind right, Step right to right side

[25-32] Cross L, Hold, R side, Step L next to R, Cross R, ¼ turn R, ½ turn R, L fwd, Pivot ½ R

- 1-2 Cross/step left over right (turning body slightly right), hold
- &3-4 Step right to right side , Step left next to right, Cross/step right over left (turning body slightly left)
- 5-6 Step left to left turning ¼ turn right (6.00), Step right back turning ½ turn right (12.00)
- 7-8 Step left forward, Pivot ½ turn right taking weight onto right (6.00)

Note: Counts 29-32 vary on 3rd repetition of Part A

- 29-30 Step left to left turning ¼ turn right (6.00), Step right back turning ½ turn right (12.00)
- 31-32 Step left forward turning ½ turn right (6.00), Step right back turning ½ turn right (12.00)

Part B - 96 counts

[1-9] Step L, Rock R back, Recover L, R lock/step, L fwd, Pivot ½ R, L shuffle fwd

- 1-3 Step left to left side, Rock/step right back, Recover weight onto left (12.00)
- 4&5 Step right forward, Lock/step left behind right, Step right forward (12.00)
- 6-7 Step left forward, Pivot ½ turn right taking weight onto right (6.00)
- 8&1 Step left forward, Step right beside left, Step left forward (6.00)

[10-17] 3/8 turn L, ½ turn L, R lock/step, Rock L fwd, Recover R, L lock/step back

- 2-3 Step right slightly forward at right diagonal turning 3/8 turn left (1.30), Step left back turning ½ turn left (7.30)
- 4&5 Step right forward, Lock/step left behind right, Step right forward (7.30)
- 6-7 Rock/step left forward, Recover weight back onto R (7.30)

8&1 Step left back, Step right back cross/stepping over left, Step left back (7.30)

[18-25] Rock R back, Recover L, Step R fwd, 5/8 pivot L, Step R beside L, Cross/rock L, Recover R, Weave R

2-3 Rock/step right back, Recover weight onto left (7.30)

4&5 Step right forward, Pivot 5/8 turn left taking weight onto left, Step right beside left (12.00)

6-7 Cross/rock left over right, Recover weight back on right sweeping left back (12.00)

8&1 Step left behind right, Step right to right side, Cross/step left over right (12.00)

[25-32] Rock R side, ¼ turn L, Shuffle fwd R, Walkabout ½ turn right

2-3 Rock/step right to right side, Recover weight onto left turning ¼ turn left (9.00)

4&5 Step right slightly forward, Step left beside right, Step right slightly forward (9.00)

6-8 Turn 1/8 turn right stepping left slightly forward (10.30), Turn ¼ turn right stepping right slightly forward (1.30) Turn 1/8 turn right stepping left slightly forward (3.00)

[33-40] ¼ R walking fwd R L, Shuffle fwd R, L fwd, Pivot ½ R, Shuffle L fwd

1-2 Make a sharp ¼ turn right & step right forward (6.00), Step left forward

3&4 Step right forward, Step left beside right, Step right forward (6.00)

5-6 Step left forward, Pivot ½ turn right taking weight onto right (12.00)

7&8 Step left forward, Step right beside left, Step left forward (12.00)

[41-48] Step R fwd, Pivot ¼ L, Cross R, L back, Sway R, L, Chasse R

1-2 Step right forward, Pivot ¼ turn left taking weight onto left (9.00)

3-4 Cross/step right over left, Step left back (9.00)

5-6 Step right to right side swaying hips to right side, take weight onto left swaying hips to left side (9.00)

7&8 Step right to right side, Step left beside right, Step right to right side – pop shoulders up & down for styling (9.00)

[49-56] Cross/rock L, Recover R, Chasse L ¼ turn L, R fwd, Pivot ½ L, R fwd, Pivot ½ L

1-2 Cross/rock left over right, Recover weight onto right (9.00)

3&4 Step left to left side, Step right beside left, Step left to left side turning ¼ turn left (6.00)

5-6 Step right forward, Pivot ½ turn left taking weight onto left – roll hips for styling (12.00)

7-8 Step right forward, Pivot ½ turn left taking weight onto left – roll hips for styling (6.00)

[57-64] Rock R fwd, Recover L, R Coaster Step, L Fwd, Pivot ½ R, Walk fwd L R

1-2 Rock/step right forward, Recover weight back on left – shimmy shoulders on 1st rep of B for styling (6.00)

3&4 Step right back, Step left beside right, Step right forward (6.00)

5-6 Step left forward, Pivot ½ turn right taking weight onto right (12.00)

7-8 Step left forward, step right forward (12.00) **** (RESTART on 2nd and 3rd repetition of B)****

Note: You only dance this section (65-96) on the 1st repetition of B

[65-72] Cross L, Step R, L beside R, Cross R, Step R, R beside L, Cross/step L, R side, L ball jack 1/8 turn L

1-2& Cross/step left over right, Step right slightly right, Step left beside right (12.00)

3-4& Cross/step right over left, Step left slightly left, Step right beside left (12.00)

5-6 Cross/step left over right, Step right to right side (12.00)

7&8 Step left behind right, Step right beside turning 1/8 turn left (10.30), Touch left heel forward

[73-80] L beside R, R Dorothy step, L Dorothy step, R fwd, Pivot ½ L, Shuffle fwd R

&1-2& Step left beside right, Step right forward to right diagonal, Lock left behind right, Step right slightly forward (10.30)

3-4& Step left forward to left diagonal, Lock right behind left, Step left slightly forward (10.30)

5-6 Step right forward, Pivot ½ turn left taking weight onto left (4.30)

7&8 Step right forward, Step left beside right, Step right forward (4.30)

[81-88] Walk fwd L R, Shuffle fwd L, Rock R fwd, Recover ½ turn R, Shuffle fwd R

- 1-2 Step left forward, Step right forward (4.30)
- 3&4 Step left forward, Step right beside left, Step left forward (4.30)
- 5-6 Rock/step right forward, Recover weight back on left turning ½ turn right (10.30)
- 7&8 Complete ½ turn right and step right forward , Step left beside right, Step right forward (10.30)

[89-96] Walk forward L R, Rock L fwd, Recover R, L side 3/8 L, R fwd ½ turn L, L back, Cross/step R

- 1-2 Step left forward, Step right forward (10.30)
- 3-4 Rock/step left forward, Recover weight back on right turning 1/8 left (9.00)
- 5-6 Step left to left side turning ¼ turn left (6.00), Step right forward turning ½ turn left (12.00)
- 7-8 Step left back, Cross/step right over left (12.00)

RESTART

Comments: Daunting I know though this isn't as bad as it looks. It is very important that you listen to the beats on Part A using the steps to interpret the music. Takes a bit of practice but you will get it. Try not to dance too flat footed as you want to be as smooth as possible while dancing this section. When you get to the cha cha bit (Part B) the timing will change half way through it. Use as much styling as you possibly can for both sections. This isn't a song for everyone but I just adore Florence and have been wanting to write a dance to her music for sometime. Hope you enjoy this challenge.

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