

Takeover

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Ruben Luna (USA) & Malene Jakobsen (DK) - November 2013
音樂: Takeover (feat. Flo Rida) - Mizz Nina : (iTunes)



Intro: 8 counts, 4 sec. into track - dance begins with weight on L

There are 2 Tags, each 32 counts :-
first Tag after wall 9 facing 3.00 and
second Tag (with a finish) after wall 11 facing 9.00

[1-8] Out, out, twist heel x 2, jazz box 1/4 cross, side

1-2 (1) Step out on R, (2) step out on L 12.00
&3&4 (&) Twist R heel inwards, (3) return to center, (&) twist L heel inwards, (4) return to center
 12.00
5-6 (5) Cross R over L, (6) turn 1/4 R stepping back on L 3.00
&7-8 (&) Step R to R, (7) cross L over R, (8) step R to R 3.00

[9-16] Knee in out, kick ball cross, side rock, behind side cross

1-2 (1) Roll L knee inwards towards R, (2) roll L knee back – weight ends on L 3.00
3&4 (3) Kick R diagonally R, (&) step R next to L, (4) cross L over R 3.00
5-6 (5) Rock R to R, (6) recover onto L 3.00
7&8 (7) Cross R behind R, (&) step L to L, (8) cross R over L 3.00

[17-24] Twist 1/2 turn, coaster step, fwd. rock, 1/4, point

1-2 (1) Twist heels L making 1/4 L, (2) repeat - weight ends on R 9.00
3&4 (3) Step back on L, (&) step R next to L, (4) step fwd. on L 9.00
5-6 (5) Rock fwd. on R, (6) recover onto L 9.00
7-8 (7) Turn 1/4 R stepping R to R, (8) point L to L 12.00

[25-32] Rolling vine with cross, 1/4, 1/4, shuffle 1/4

1-2 (1) Turn 1/4 L stepping down on L, (2) turn 1/2 L stepping back on R 3.00
3-4 (3) Turn 1/4 stepping L to L, (4) cross R over L 12.00
5-6 (5) Turn 1/4 L stepping fwd. on L, (6) turn 1/4 stepping fwd. on R 6.00
7&8 (7&8) Shuffle 1/4 L 3.00

TAG

[1-8] Walk, walk, rocking chair, 1/4

1-2 (1) Walk fwd. R, L and as you do put your hands up and wave from R to L 3.00
3-4-5-6 (3) Rock fwd. on R, (4) recover onto L, (5) rock back on R, (6) recover onto L 3.00
7-8 (7) Step fwd. on R, (8) turn 1/4 L 12.00

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1-2 (1) Walk fwd. R, L and as you do put your hands up and wave from R to L 12.00
3-4-5-6 (3) Rock fwd. on R, (4) recover onto L, (5) rock back on R, (6) recover onto L 12.00
7-8 (7) Step fwd. on R, (8) turn 1/4 L 9.00

[17-24] Walk, walk, rocking chair, 1/4

1-2 (1) Walk fwd. R, L and as you do put your hands up and wave from R to L 9.00
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7-8 (7) Step fwd. on R, (8) turn 1/4 L 6.00

[25-32] Walk, walk, rocking chair, 1/4

1-2 (1) Walk fwd. R, L and as you do put your hands up and wave from R to L 6.00
3-4-5-6 (3) Rock fwd. on R, (4) recover onto L, (5) rock back on R, (6) recover onto L 6.00
7-8 (7) Step fwd. on R, (8) turn 1/4 L 3.00

TO FINISH AT 12.00 DO THIS IN SECTION 4 AFTER TAG 2:

Count 7-8: Walk fwd. R, L

Count 1: Pose ?

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