

TAKE IT FROM ME

Count: 64 **Wall:** 4 **Level:** intermediate

Choreographer: Laura Dyas & Rachel Gaylard

Music: No Strings Attached by NSync



RIGHT ROCK FORWARD & BACK & FORWARD & TOGETHER, LEFT FOOT FORWARD & BACK & FORWARD & TOGETHER

- 1&2& Rock forward on right foot, step back on left foot, rock back on right foot, step forward on left
- 3&4 Rock forward on right foot, step back on left foot, step right foot together
- 5&6& Rock forward on left foot, step back on right foot, rock back on left foot, step forward on right
- 7&8 Rock forward on left foot, step back on right foot, step left foot together

RIGHT TOE TOUCHES, CROSS SHUFFLE, LEFT TOE TOUCHES, CROSS SHUFFLE

- 9&10 Touch right to right side, touch right beside left, touch right to right side
- 11&12 Cross step right over left, step left to left side, cross step right over left
- 13&14 Touch left to left side, touch left beside right, touch left to left side
- 15&16 Cross step left over right, step right to right side, cross step left over right

SIDE RIGHT TOUCH, SIDE LEFT TOUCH, RIGHT KICK BALL TOUCH, LEFT KICK BALL CHANGE

- 17-18 Step right to right side, touch left beside right and click fingers
- 19-20 Step left to left side, touch right beside left and click fingers
- 21&22 Kick right forward, step right beside left, touch left beside right
- 23&24 Kick left forward, step left beside right, step onto right in place

CROSS/BALL, CROSS/BALL, CROSS/BALL, RONDE, CROSS/BALL, CROSS/BALL, CROSS/BALL, ¼ TURN RIGHT

- 25&26& Cross/step left over right, step on ball of right, cross/step left over right, step on ball of right
- 27&28 Cross left over right, step on ball of right, cross left over right, sweep right toe out to right side making ½ circle from back to front
- 29&30&31 Cross right over left, step on ball of left, cross right over left, step on ball of left, cross right over left
- 32 Touch left to left side making a ¼ turn right

LEFT SAILOR, RIGHT SAILOR, STEP LOCKS

- 33&34 Cross left behind right, step right to right side, step left to place
- 35&36 Cross right behind left, step left to left side, step right to place
- 37-38 Step forward left, hold
- &39&40 Right lock step, right lock step
- Clap hands on hold

STEP LOCKS, ROCK STEP, TRIPLE ½ TURN

- 41-42 Step forward right, hold and clap hands
- &43&44 Left lock step, left lock step
- 45-46 Rock forward on left, recover back on right
- 47&48 Triple step ½ turn left stepping- left, right, left

FORWARD ROCK, COASTER STEP, LEFT FORWARD ½ TURN HEEL DROPS

- 49-50 Rock forward on right, rock back onto left
- 51&52 Step back on right, step left beside right, step forward on right
- 53 Step left forward in line with right
- 54-56 Lift heels off floor and replace a total of three times while turning right so the three turns total ½ right

BACK, TOGETHER, FORWARD, FORWARD, LEFT FORWARD ½ TURN HEEL DROPS, TOUCH RIGHT BESIDE RIGHT

- 57&58 Step back on to ball of right, step ball of left next to right, step right forward
- 59-60 Step left forward, step right forward,
(Optional styling) put arms out horizontal to the floor on counts 53-56 for balance as well as fun
- 61 Step left forward in line with right
- 62&63 Lift heels off floor and replace twice, totaling ½ turn right
- 64 Touch right beside left
(Optional styling) put arms out horizontal to the floor on counts 61-64 for balance as well as fun

REPEAT