Take It Off



Count: 128 Wall: 1 Level: Phrased Advanced

Choreographer: Trevor Thornton (USA), Brandon Roman (USA) & Branden Swift (USA) - March

2017

Music: Take It Off (feat. Yandel & Becky G) - Lil Jon



Count In: 32 count intro

Sequence: ABCD-ABCD-D-TAG-ACBD

Sequence. AD	OD-ADOD-D-1AG-AODD	
Section A [1 - 8] HEEL GRIND R 1/4 TURN R, VAUDEVILLE W/L HEEL, BALL CROSSING SHUFFLE, SIDE POINTS		
1 - 2	Grind R heel fwd making ¼ turn R (1), recover weight back onto L (2)□3	
& 3 & 4	Step R next to L (&), cross L over R (3), step R to R (&), L heel fwd (4) □3	
& 5 & 6	Step down on L (&), cross R over L (5), step L to L (&), cross R over L (6) \square 3	
7 & 8 &	Point L toe to L (7), step L next to R (&), point R toe to R (8), touch R next to L (&) \square 3	
	st want to jump into the heel grind in the beginning. \Box	
	PR, WEAVE R, 1/4 L SWEEP, 1/2 TURN R, CHASE TURN R	
12&	Big step to R w/R (1), step L behind R (2), step R to R (&) □3	
3 - 4	Push off R making ¼ turn L sweeping R back to front (3), take weight fwd on R (4) ☐ 12	
5 - 6	Press off R taking weight back onto L (5), make $\frac{1}{2}$ turn over R shoulder stepping onto R (6) \square 6	
7 & 8	Step fwd on L (7), make ½ turn over R taking weight on R (&), step fwd on L (8) □ 12	
[17 – 24]□ KNEE POPS X3, R ARM OUT, L ARM OUT, BODY ROLL, POINT, UNWIND ½ TURN R □		
1 & 2	Step fwd on R popping L knee (1), step fwd on L popping R knee (&), step fwd on R popping L knee (2)□12	
3 - 4	R arm extends fwd to the R (3), L arm extends fwd to the L (4) □12	
5 - 6	Pull arms up to ears and roll them down your sides while body rolling, taking weight on your L foot (5-6) □ 12	
7 - 8	Point R toe back (7), unwind ½ turn R taking weight on R (8) □6	
Styling:-□		
1&2	Should be with lyrics(My bo-o-dy), small steps here, barely moving fwd	
3-4	During the arms, your hands should be shaped like a telephone (pinky, and thumb extended) (LyricsCall me)	
[25 – 32]□STEP, ¼ TURN R, BALL CROSS, ¼ R PRESS, RECOVER, STEP BACK, COASTER STEP □ 1 & 2 Step fwd on L (1), make ¼ turn R taking weight on R (&), cross L over R (2)□9		
3 - 4	Make $\frac{1}{4}$ turn R pressing fwd on the R (3), recover weight back to L (4) \square 12	
56&7	Step back on R (5), step back on L (6), step together with R (&), big step fwd on L (7) \Box 12	
8	Touch R next to L (8) \square 12	
B [33-40]□STEP R, TOUCH L, STEP L, TOUCH R, STEP R X2, TOUCH L, STEP L, DIP R KNEE, TOUCH L NEXT		
TO R□		
1 & 2 &	Step R to R (1), touch L next to R (&), step L to L (2), touch R next to L (&) □12	
3 & 4 &	Step R to R (3), step L next to R (&), step R to R (4), touch L next to R (&) □12	
5 & 6 &	Step L to L (5), touch R next to L (&), step R to R (6), touch L next to R (&) □ 12	
7 & 8 &	Step L to L (7), dip R knee down (&), take weight on R (8), touch L next to R (&) □12	
	section is quick SMALL STEPS	

[41 – 48]□STEP L, TOUCH R, STEP R, TOUCH L, STEP L X2, TOUCH R, STEP R, DIP L KNEE, TOUCH R

NEXT TO L□ 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8 &	Step L to L (1), touch R next to L (&), step R to R (2), touch L next to R (&) \square 12 Step L to L (3), step R next to L (&), step L to L (2), touch R next to L (&) \square 12 Step R to R (5), touch L next to R (&), step L to L (6), touch R next to L (&) \square 12 Step R to R (7), dip L knee down (7), take weight on L (8), touch R next to L (&) \square 12	
1 - 2 3 - 4 5 & 6	E R, TOGETHER W/L, HOLD X2, CROSS ROCK R, CROSS ROCK L ☐ Slide R to R (1), drag L to R (2) (should be facing slight diagonal to the L) ☐ 10:30 Hold 2 counts (put arms up and bounce them twice in the air) (3-4)☐ 10:30 Cross rock R in front of L (5), recover weight to L (&), step to the R w/R, (squaring up to 12) (6) ☐ 12	
7 & 8	Cross rock L in front of R (7), recover weight to R (&), step to the L w/L (8) □12	
[57-64]□½ TU 1 - 2 3 - 4 5 - 6 7 & 8 &	RN L X2, STEP TOGETHER "JUMPING JACKS" Step fwd on R (1), make ½ turn over L shoulder taking weight on L (2) □6 Step fwd on R (3), make ½ turn over L shoulder taking weight on L (4) □12 Step fwd on R (5), step together with L (6) (prep here to jump) □12 Jump feet shoulder width apart at diagonals (R fwd, L back) (7), jump feet together (&) Jump feet shoulder width apart at diagonals (L fwd, R back) (8), jump feet together (&) □12	
C [65-72]□STOMP R, HOLD, BALL STOMP, POINT FWD W/L, ¼ TURN PADDLE BACKWARDS, ½ TURN SAILOR STEP W/L CROSS□ 1 - 2 Stomp R fwd to R diagonal (1), hold (2) □12		
& 3 4	Step L next to R (&), step fwd on R (3), cross point L in front of R (4) \square 12	
5 - 6	Make 1/8 turn L pivoting on R foot, L pointed out (5), make 1/8 turn L pivoting on R foot (6) \square 9	
7 & 8	Step L behind R (7), make ¼ turn L w/R foot in place (&), make ¼ turn L crossing L over R (8) \square 3	
[73-80]□BALL CROSS, SIDE ROCK, RECOVER, 3/4 TURN UNWIND R, ROCK, RECOVER, BALL, SLIDE BACK W/DRAG□		
& 1 2 &	Step R to R (&), cross L over R (1), rock out on R (2), recover weight back onto L (&) □3	
3 - 4	Hook R foot behind L (3), make ¾ unwind over R taking weight on R (4) □12	
5 - 6	Big rock fwd on L (5), (body roll) recover weight back to R (6) □12	
& 7-8	Step L next to R (&), big slide back on R (7), drag L to inside of R (8) □ 12	
[81-88]□STOMP L, HOLD, BALL STOMP, POINT FWD W/R, ¼ TURN PADDLE BACKWARDS, ½ TURN SAILOR STEP W/R CROSS□		
1 - 2	Stomp L fwd to L diagonal (1), hold (2) □12	
& 3 4	Step R next to L (&), step fwd on L (3), cross point R in front of L (4) □12	
5 - 6	Make 1/8 turn R pivoting on L foot, R pointed out (5), make 1/8 turn R pivoting on L foot. (6) \square 3	
7 & 8	Step R behind L (7), make ¼ turn R w/L foot in place (&), make ¼ turn R crossing R over L (8)□9	
[89-96]□BALL CROSS, SIDE ROCK, RECOVER, ¾ TURN UNWIND L, ROCK, RECOVER, BALL, SLIDE BACK W/DRAG.□		
& 1 2 &	Step L to L (&), cross R over L (1), rock out on L (2), recover weight back onto R (&) □9	
3 - 4	Hook L foot behind R (3), make $^3\!\!\!/$ unwind over L taking weight on L (4) \square 12	
5 - 6	Big rock fwd on R (5), (body roll) recover weight back to L (6) □ 12	
& 7-8	Step R next to L (&), big slide back on L (7), drag R to inside of L (8) □12	
D □ □ [97-104] □ MAMBO FWD R, MAMBO BACK L, CROSS SAMBA R, CROSS SAMBA L □ 1 & 2 Rock fwd on R (1), recover back on L (&), step R next to L (2) □ 12		

3 & 4 5 & 6 7 & 8	Rock back on L (3), recover fwd on R (&), step L next to R (4) \Box 12 Cross R over L (5), step L to L (&), step down on R (6) \Box 12 Cross L over R (7), step R to R (&), step down on L (8) \Box 12	
[105-112] PADDLE ½ TURN L, STEP, PADDLE ½ TURN R, STEP 1 - 2 Pivot on L heel an 1/8 turn L touching R to R (1), pivot on L heel an 1/8 turn L touching R to R (2) □9		
3 - 4	Pivot on L heel an 1/8 turn L touching R to R (3), step fwd on R to square up to back wall (4) \square 6	
5 - 6	Pivot on R heel an 1/8 turn R touching L to L (5), pivot on R heel an 1/8 turn R touching L to L (6) \square 9	
7 - 8	Pivot on R heel an 1/8 turn R touching L to L (7), step fwd on L to square up to front wall (8)□12	
[113-120]□SH	IIMMY R, ½ TURN L , SHIMMY L, ½ TURN R□	
1 - 2	Step out big step to R (1), shimmy shoulders (2) □ 12	
3 - 4	Make ½ turn to the L (pivoting on R heel) (3), hold (4) □6	
5 - 6	Step out big step to L (5), shimmy shoulders (6) □6	
7 - 8	Make ½ turn to the L (pivoting on L heel) (7), hold (8) □ 12	
[121-128]□R SIDE MAMBO W/A CROSS, L SIDE MAMBO, V STEP. □		
1 & 2	Rock R out to R (1), recover weight to L (&), Cross R over L (2) □12	
3 & 4	Rock L out to L (3,) recover weight to R (&), step together with L (4) □12	
5 - 6	Step fwd on R diagonal w/ R (5), step fwd on L diagonal w/ L (6) □12	
7 - 8	Step back on R diagonal w/ R (7), step back on L diagonal w/L (8) □12	
Styling:-□		
1 & 2,	You're trying to get back over to the Left!	
TAG: 32 count		
	LOCK, TRIPLE, ½ TURN, TRIPLE□	
1 - 2	Step fwd on R (1), lock L behind R (2) □12	
3 & 4	Step fwd on R (3), step L next to R (&), step fwd on R (4) □12	
5 - 6	Step fwd on L (5), make ½ turn over your R w/ weight on R (6) □6	
7 & 8	Step fwd on L (7), step together w/ R (&), step fwd on L (8) □6	
[9-16]□OUT HOLD X2, JAZZ BOX □		
1 - 2	Step R to R (1), hold (2) □6	
3 - 4	Step L to L (3), hold (4) □6	
5 - 6	Cross R over L (5), step back on L (6) □6	
7 - 8	Step R to R (7), step fwd on L (8) □6	
[17-32]□This pattern of 16 is then repeated on the back wall facing 6 o'clock, ending on the front wall facing 12 o'clock		
Have fun and enjoy on the dance floor! Feel it with the music!! Dance to Express~Not Impress.		
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