Take A Bite

Niveau: Phrased High Intermediate



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Intro: 16 counts Sequence: A-TAG-TAG-BB-C, A-TAG-BB-C, TAG-TAG-BB-CC-Ending

PART A – 32 Counts

KICK OUT OUT, HEEL TOE SWIVEL IN, LUNGE, RECOVER, BEHIND, ¼ TURN, SCUFF

- 1&2 Kick R forward, Step R to side, Step L to side 12.00
- 3&4 Swivel both heels in, Swivel both toes in, Swivel both heels in (weight on L)
- 5-6 Lunge R to side, Recover on L
- 7&8 Step R behind L, ¼ turn left step L forward, Scuff R beside L 9.00

SIT BACK, RECOVER, FORWARD, ¼ TURN CROSS, ¾ BOX TURN

- 1-2 Sit back on R, Recover on L
- 3&4 Step R forward, ¼ turn left on L, Cross R over L 6.00
- 5-8 Step L to side, ¼ turn right step R to side, ¼ turn right step L to side, ¼ turn right step R to side 3.00

CROSS SIDE, SAILOR HEEL, BALL CROSS, HOLD, BALL CROSS, ¼ TURN

- 1-2 Cross L over R, Step R to side 3.00
- 3&4 Step L behind R, Step R to the side, Touch L heel to side
- &5-6 Step ball of L, Cross R over L, Hold
- &7-8 Step ball of L, Cross R over L, ¼ turn left step forward on L 12.00

PRESS RECOVER & PRESS RECOVER, BIG STEP BACK, BALL CHANGE, FORWARD, SCUFF

- 1-2& Press R forward, Recover on L, close R beside L 12.00
- 3-4 Press L forward, Recover on R
- 5-6 Step L a big step back, drag R back towards L
- &7-8 Step ball of R, Step forward on L, Scuff R 12.00

TAG - 16 Counts

FORWARD, SAILOR HEEL ½ TURN, RECOVER FLICK, ROCKING CHAIR

- 1 Step R forward
- 2&3 Lock L behind R, ¹/₂ turn left step R back, Touch L heel forward 6.00
- 4 Recover on L, flick R back (optional arms: click R fingers up)
- 5-8 Rock R forward, Recover on L, Rock back on R, Recover on L 6.00
- **REPEAT THE ABOVE 8 COUNTS 12.00**

PART B - 32 Counts

DIAGONAL STEP, LOCK, SHUFFLE FORWARD, CROSS ROCK, RECOVER, CHASSE ¼ TURN

- 1-2 1/8 turn right step R forward, Lock L behind R 1.30
- 3&4 Step R forward, lock L behind R, Step R forward
- 5-6 Cross L over R, 1/8 turn left recover R 12.00
- 7&8 Step L to side, Close R beside L, ¼ turn left step L forward 9.00

STEP PIVOT ¼ TURN, CROSS SHUFFLE, BACK, SIDE, FORWARD, TOUCH

1-2 Step forward on R, Pivot ¼ turn left on L 6.00

- 3&4 Cross R over L, Step R to side, Cross R over L
- 5-6 Recover back on L, Step R to side
- 7-8 Step forward on L, Touch R beside L 6.00

SIDE BUMP , SAILOR STEPS x2

- 1&2 Bump R to the side, recover on L, Bump R to the side 6.00
- 3&4 Bump L to the side, recover on R, Bump L to the side
- 5&6 Step R behind L, Step L to side, Step R to side
- 7&8 Step L behind R, Step R to side, Step forward on L 6.00

FORWARD ROCK RECOVER, CLOSE, BACK ROCK RECOVER x2

- 1-2 Rock forward on R, Recover on L
- &3-4 Step R beside L, Rock back on L, Recover on R
- 5-6 Rock forward on L, Recover on R 6.00
- &7-8 Step L beside R, Rock back on R, Recover on L 6.00

PART C - 32 counts

CAMEL WALK WITH ARMS, SIDE MAMBO x 2

1 Step R forward while popping L knee forward 12.00

Arms: Cross R arms over L arms infront of chest

- 2 Step L forward while popping R knee forward
- Arms: Uncross arms, touching R on R shoulder and L on L shoulder
- 3 Step R forward while popping L knee forward
- Arms: Pull down both arms to the side
- 4 Step L forward while popping R knee forward
- Arms: R palm on L palm, like a praying position
- 5&6 Side rock on R, recover on L, Close R beside L
- Arms: L arms up to side with palm facing side while R arms infont of chest palm facing side
- 7&8 Side rock on L, recover on R, Close L beside 12.00
- Arms: R arms up to side with palm facing side while L arms infont of chest palm facing side

PONY BACK x 2, SIDE MAMBO x 2

- 1&2 Step R back, recover on L, Step R back 12.00
- 3&4 Step L back, recover on R, Step L back
- 5&6 Side rock on R, recover on L, Close R beside L

Arms: L arms up to side with palm facing side while R arms infont of chest palm facing side 7&8 Side rock on L, recover on R, Close L beside

Arms: R arms up to side with palm facing side while L arms infont of chest palm facing side

PADDLE ¼ TURN, CROSS TOUCH CROSS TOUCH

- 1-4 Step forward on R, 1/8 turn L on L, Step forward on R, 1/8 turn L on L 9.00
- 5-8 Cross R over L, Touch L to side, Cross L over R, Touch R to side

BUMP FORWARD, ½ TURN BUMP FORWARD, PADDLE ¼ TURN

- 1&2 Bump forward on R, recover on L, Bump forward on R
- 3&4 ¹/₂ turn left Bump forward on L, recover on R, Bump forward on L 3.00
- 7-8 Step forward on R, 1/8 turn L on L, Step forward on R, 1/8 turn L on L 12.00

ENDING: DO THE 1st 8 counts of C, Rock back and sit on R, POSE!