

Take Down AB

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Heidi Cronjé (SA) - January 2020
音乐: Take Down - Rayelle : (2:38)



Intro: 16 counts

SECTION 1: STOMP, WALK X2, KICK, STOMP, BACK X3

1-4 Stomp L fwd, Walk R fwd, Walk L fwd, Kick R fwd
5-8 Stomp R together, Walk L back, Walk R back, Walk L back

SECTION 2: STOMP, 1/4 L COASTER STEP, JAZZ BOX, KICK

1 Stomp R side
2-4 Turn 1/4 L and step L back, Step R together, Step L fwd
5-8 Cross R over L, Step L back, Step R side, Kick L over R to R diagonal

*** Restart during wall 7 (facing 03:00)

SECTION 3: STOMP, HEEL UP & DOWN (3C), STOMP, HEEL UP & DOWN (3C)

1 Stomp L fwd to L diagonal
2-4 Bounce L heel up and down for 3 counts
5 Stomp R fwd to R diagonal
6-8 Bounce R heel up and down for 3 counts

SECTION 4: STOMP, POINT, ROCKING CHAIR, SIDE, KICK

1-2 Stomp L together, Point R side
3-6 Rock R fwd, Recover L, Rock R back, Recover L
7-8 Step R side, Kick L fwd

Start Again. Have fun and Enjoy!

Restart: During wall 7, after 16 counts (facing 03:00)

Tag: At the end of wall 3 (4C) (facing 03:00)

1-4 L Rocking Chair (Rock L fwd, Recover R, Rock L back, Recover R)

More difficult option: 1/2 pivot turn x 2 (Step L fwd, 1/2 pivot turn R, Step L fwd, 1/2 pivot turn R)

Contact – email: linedanceriversdal@gmail.com

This dance is dedicated to Ilze Venter, one of my dancers who enjoys dances with stomps.

Last Update – 6 Jan. 2020