

STL Take It

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: High Intermediate
编舞者: Jeremy Sims (USA) & Kris White (USA) - February 2025
音乐: Take It from Here - Justin Timberlake



I believe soul line dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, making strong musical muscle memories. This dance, fortunately, also lends itself to being counted and written into a step sheet for other learning preferences. The counts are based on the rhythm of the music.

INTRO The dance starts with two RL running steps before singing starts (on counts 8&).

PART 1: 16 COUNTS

STEP, HOLD/LIFT, STEP, QUARTER TURN LEFT BOUNCING TURN, RIGHT SAILOR STEP, LEFT SAILOR STEP

1 2& 3 Stomp on right foot (hold it for counts 1,2), lift right foot count 2&), stomp right on count 3
4& Make quarter turn left bouncing on feet twice for count 4 and count &
5& 6 7& 8 Left sailor step, right sailor step

POINT LEFT, POINT RIGHT, POINT/LIFT RIGHT FOOT FORWARD, HALF TURN LEFT, STEP GLIDES

1 & 2& Point left for count 1, step on left, point right on 2, recover on right on &
3& 4 Kick/point left foot forward putting heel down and toes up for 3, recover on left, step on right for 4
5 6 7 Step on left making half left turn, step on right/letting left foot glide back, step on left/glide right

REPEAT PART 1 ON BACK WALL TO END RETURNING TO FRONT WALL

PART 2: 16 COUNTS

SWIVELS RIGHT AND LEFT, REPEAT, WALK TO LEFT, STEP TURN, TO RIGHT, STEP TURN

1 2 3 4 Swivel right, swivel left, swivel right, swivel left
5 6& 7 8& Walk left stepping on right, left, right for half turn right
7 8& Then reverse - step left, right, left for half turn left, recover left facing front

WALKING RIGHT QUARTER TURN, HEELS OUT IN OUT, QUARTER PADDLE TURN RIGHT USING LEFT FOOT

1 2& 3& 4 Make a quarter turn right stepping on right for 1, left for 2, right for &, left for 3, stomp on right for 4
& 5& Swivel right heel out in out end up facing 6:00
6 7 8 Step on right for 5, paddle steps quarter turn right with left for counts 6, 7 and 8

REPEAT PART 2 TO FACE FRONT WALL REMEMBERING WHEN YOU HIT THE FRONT WALL TO DO THE INTRO ON 8&

REPEAT PART 1

REPEAT PART 2

PART 3: 16 COUNTS

FORWARD BACK AND SIDE MAMBOS, LEFT KNEE LIFT

1& 2 3& 4 Rock up on right, recover left then right, rock back on left, recover right then left
5& 6 7 8 Rock side on right, recover left then right, rock side on left for 7, freeze

LIFT LEFT KNEE, COASTER STEP, RIGHT TAP HOLD, RIGHT FOOT PADDLE HALF LEFT TURN

1 2& 3 4& Lift left leg, left coaster step, tap right foot forward freeze
5 6 7 8 Paddle with right foot to complete half left turn

REPEAT PART 3 TO RETURN TO FRONT WALL

REPEAT PART 1

REPEAT PART 2

PART 4: COUNTS 16 COUNTS

SIDE ROCKS RIGHT LEFT RIGHT LEFT, RIDE ROCKS LEFT RIGHT LEFT RIGHT PUSH STEP

1 2 3 4 Side rock, right, left, right, left

5 6 7 8 Side rock left, right, left, right push step

HALF TURN RIGHT, THREE MORE SIDE ROCKS LEFT RIGHT LEFT, SIDE STEP LEFT,

1 2 3&4 Complete right turn, rock left, rock right, side cha cha LR

5 6 7 8 Side step left/sink, do three hip rolls leaning left

REPEAT PART 4 TO RETURN TO FRONT WALL

REPEAT PART 3 TWICE

KEEP REPEATING PART 4 TILL END OF DANCE

Submitted by: Bonnie Berns - Email: yaelchina@yahoo.com
