I Can Take It From There



拍数: 48 编数: 4 级数: Easy Intermediate

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音乐: I Can Take It from There - Chris Young: (iTunes - 2:38 mins)



Count In: 16 counts after heavy beat

SEC 1: DOROTHY STEP R + L, JAZZ BOX

1-2& Step RF fwd to R diagonal, Lock LF behind RF, Step RF fwd to R diagonal (1:30)
3-4& Step LF fwd to L diagonal, Lock RF behind LF, Step LF fwd to L diagonal (10:30)

5-8 Cross RF over LF, Step LF back, Step RF to R, Cross LF over RF (12:00)

SEC 2: GRAPEVINE TO R, SYNCOPATED GRAPEVINE TO R, RECOVER

1-4 Step RF to R, Cross LF behind RF, Step RF to R, Cross LF over RF

5 Step RF to R

6&7 Cross LF behind RF, Step RF to R, Cross LF over RF

8 Recover to RF

SEC 3: GRAPEVINE TO L, SYNCOPATED GRAPEVINE TO L, RECOVER

1-4 Step LF to L, Cross RF behind LF, Step LF to L, Cross RF over LF

5 Step LF to L

6&7 Cross RF behind LF, Step LF to L, Cross RF over LF

8 Recover to LF

SEC 4: WALK AROUND 3/4, FWD ROCK, RECOVER, COASTER CROSS

1-4 Walk around 3/4 to R - RF, LF, RF, LF (9:00)

5-6 Rock RF fwd, recover to LF

7&8 Step RF back, Close LF to RF, Cross RF over LF

SEC 5: FIGURE OF 8

1-3 Step LF to L, Cross RF behind LF, 1/4 L stepping LF fwd (6:00)

4-5 Step RF fwd, pivot 3/4 L transferring weight to LF (9:00)

6-8 Step RF to R, Cross LF behind RF, 1/4 R stepping RF fwd (12:00)

SEC 6: CONTINUED FIGURE OF 8, SIDE, DRAG BALL CROSS, HOLD

1-2 Step LF fwd, pivot 3/4 R transferring weight to RF (9:00)

3-4 Step LF to L, Cross RF behind LF

5-6& Big step LF to L, Drag RF towards LF, Close RF to LF

7-8 Cross LF over RF, Hold (Drag RF towards LF)

RESTART 1: On Wall 4, dance through Count 39, touch RF to LF on Count 40, then Restart (12:00)

RESTART 2: On Wall 5, dance through Count 24, then Restart (12:00)

ENDING: On Wall 7 starting 9:00, there are only 9 counts, after the 2 Dorothy Steps, do a R 1/4 Jazz Box with cross to 12:00, Big step RF to R

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