

Take Over

拍數: 52 牆數: 4 級數: Improver
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音樂: Juanita - Shania Twain



Step Cross, Step Back, Coaster Step, Cross Shuffle Right, Rock Step Right

1-2 Step right across left, step left back
3&4 Step right back, step left next to right and step right forward
5&6 Step left across right, step right to right side and step left across right
7-8 Step right to right side, recover weight on left

Cross Shuffle Left, Rock Step Left, Step Cross, Step Back, Coaster Step

9&10 Step right across left, step left to left side and step right across left
11-12 Step left to left side, recover weight on right
13-14 Step left across right, step right back
15&16 Step left back, step right next to right and step right forward

Cross Shuffle Left, Rock Step Left, Cross Shuffle Right, Rock Step Right

17&18 Step right across left, step left to left side and step right across left
19-20 Step left to left side, recover weight on right
21&22 Step left across right, step right to right side and step left across right
23-24 Step right to right side, recover weight on left

Coaster Step, Shuffle Forward Left, Step Right, ½ Pivot Turn Left, Shuffle Forward Right

25&26 Step right back, step left next to right and step right forward
27&28 Step left forward, step right next to left and step left forward
29-30 Step right forward, ½ pivot turn left
31&32 Step right forward, step left next to right and step right forward

Step Left With Hip Bumps, Shuffle Left, Cross Rock Right, Shuffle With ¼ Turn Right

33-34 Step left to left side and bump hips to left side, bump hips to right side
35&36 Step left to left side, step right next to left and left to left side
37-38 Step right across left, recover weight on left
39&40 Step right to right side, step left next to right and step right with ¼ turn to right side

Step Left, ½ Pivot Turn Right, Shuffle Forward Left, ½ Monterey Turn Right With Touch

41-42 Step left forward, ½ pivot turn right
43&44 Step left forward, step right next to left and step left forward
45-46 Touch right toes to right side, ½ right on left and step right next to left
47-48 Touch left toes to left side, touch left toes next to right

Shuffle Left, Rock Step Back Right

49&50 Step left to left side, step right next to left and step left to left side
51-52 Step right back, recover weight on left

... Start again!
