It Takes More



拍數: 32 牆數: 4 級數: Intermediate

編舞者: Dee Musk (UK) & Lauren Caulfield (UK)

音樂: It Takes More - Ms. Dynamite: (Clean Version)



HIPS LEFT, RIGHT, LEFT, RIGHT, ¼ TURN LEFT, ½ TURN, FULL TRIPLE TURN

1-2	Sway hip lo	ft sway hip right
1-/	Sway nib le	n. swav nib right

3&4 Sway hip left, sway hip right, ¼ turn left stepping left foot forward

5-6 Step right foot forward, make a ½ turn left

7&8 Make a full triple turn left, stepping right, left, right. (moving slightly forward)

KICK FORWARD, SIDE, SAILOR STEP, KICK FORWARD, SIDE, SAILOR TURN

1-2 Kick left foot forward, kick left foot to the side

3&4 Step left behind right, step right to right side, step left in place

5-6 Kick right foot forward, kick right foot to the side

7&8 Step right behind left, step left to left side, make a ¼ turn right, stepping right foot forward

STEP TURN RIGHT TWICE STEP TURN LEFT TWICE

1-4 Step left foot forward, make a ½ turn right, repeat steps 1-2

& Step left foot beside right

5-8 Step right foot forward, make a ½ turn left, repeat steps 5-6

RIGHT TOE TAPS, FORWARD, SIDE, BACK, BRUSH, SIDE KNEE POPS OUT, IN OUT, ¼ TURN LEFT, ¾ TURN LEFT, BACK ROCK

Tap right toe forward, tap right toe to the side, tap right toe back, brush right foot forward Touch right toe out to right side bending right knee out, in, out (in a leaning motion)

5 Make a ¼ turn left, stepping left foot forward

6&7 Step right foot forward, make ½ turn left, make a ¼ turn left, stepping right foot to right side.

(weight on right foot)

8& Rock left back behind right, recover weight to right

REPEAT