

Press Rewind

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Demo

Music - Take It Back - Jef Miles
ft. Don Fricot

Level: Intermediate

Description: 32 Counts, 4 Walls
1 Restart, 1 Tag, 1 Break

www.heavymetalcowboy.ch

Fabian Müller

**HEAVY METAL
COWBOY**

Choregraphie par : Fabian Müller (CH)

Description : 32 temps, 4 murs, Intermediaire, Septembre 2022

Musique : Take It Back (feat. Dom Fricot) – Jef Miles

Sect 1 ROCK STEP, RECOVER, STEP BACK, TOUCH, FULL TURN UNWIND, SHUFFLE BACK, STEP BACK, HITCH, TOUCH, SWIVEL

- 1 – 2 & Rock step forward R – Recover L – Step back R
- 3 – 4 Touch L toe back – Unwind full turn over left weight changes to L
- 5 & 6 & Step back R – Close L in front of R – Step back R – Step back L and hitch R
- 7 & 8 Touch R forward – Swivel R heel to right – Swivel R heel back to center

Restart in 5th wall

Sect 2 KICK, HOOK, KICK, STEP, KICK, HOCK, KICK, STEP, STEP, STOMP, STEP, STOMP UP, STOMP

- & 1 & 2 Kick forward R – Hook R in front of L – Kick forward R – Step forward R
- & 3 & 4 Kick forward L – Hook L in front of R – Kick forward L – Step forward L
- 5 – 6 Long step forward R – Stomp L next to R
- 7 & 8 Long step forward R – Stomp up L next to R – Stomp forward L

Sect 3 POINT, STEP, POINT, KICK BALL POINT, STEP BACK, SHUFFLE BACK

- 1 – 2 Point R to right – Step forward R
- 3 – 4 & Point L to left – Kick forward L – Step on ball of L

5 – 6 Point R to right – Step back R
7 & 8 Step back L – Close R in front of L – Step back L

Sect 4 ¼ TURN, SIDE ROCK, RECOVER, BEHIND, SIDE, HEEL, SIDE, CROSS, HOLD, SIDE, CROSS, HOLD OR SCUFF

1 – 2 ¼ Turn right and side rock R – Recover L
3 & 4 & Cross R behind L – Step side L – Heel R diagonal forward to right – Step to side R
5 – 6 Cross L in front of R – Hold
Break in 13th wall and hold count 7 – 8
& 7 – 8 Side step R – Cross L in front of R – Hold or Scuff

While the artist is singing, the last count is a hold. With the beat, the last count is a scuff!

Tag 1 after 7TH wall

Sect 1 CROSS, 1 ¼ UNWIND

1 – 4 Cross R in front of L – Unwind 1 ¼ Turn over left weight changes to L (start 6:00 ending 03:00)

For easier orientation you can only turn ¼ to left

HEAVY METAL COWBOY

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