

# TAKE IT

Choreographed by Emily Drinkall

Description: 32 Count, 2 Wall, Funky

Level: Novice

Music: 'Take it to the floor' by B2K (Step Up Soundtrack) (106BPM)

***Official UCWDC competition dance description***

***Date of usage 8 July 2010***

**1-8: HITCH R L, ROCK, SIDE, HOLD, BALL STEP, CROSS SIDE CLOSE**

- 1 Hitch Right Knee up towards right diagonal (1:30),
- & Put RF down
- 2 Hitch left knee up towards left diagonal (10:30)
- & Put LF down
- 3&4 Rock RF back, Recover, Step RF to side (angle body towards 1:30)
- 5 HOLD
- & Close LF to RF
- 6 Step RF to side
- 7 Cross LF over RF
- & Step RF to side
- 8 Turn ¼ to left closing LF to RF feet together

**9-16: WALKS, ROCK, SWIVEL, KICK, ¼ T LEFT, HITCH**

- 1-2 Walk forward RF, walk forward LF (towards 9:00)
- 3&4 Rock forward RF, recover weight LF, Step back RF
- 5-6 Swivel on heels ½ turn over R facing 3:00 picking toes off floor and lowering, swivel back return to face 9:00
- 7 Kick RF forward
- & ¼ turn to L step RF to side (Facing 6:00)
- 8 Hitch L knee up

**17-24: HEEL GRIND, KNEE POP, LOW HITCH, 2x ¼ T LEFT**

- & Step LF next to RF
- 1&2& R heel grind (dig RF into floor putting slight weight (1), Recover weight on to LF (&), Rock RF back (2), recover weight onto LF (&))
- 3 Step RF forward, split weighted
- & Lift both heels off the floor bending knees
- 4 Lower heels
- & Put weight back on to LF while lifting RF into a low hitch
- 5-6 Step forward RF ¼ T L, end facing 9:00
- 7-8 Step forward RF ¼ T L, end facing 12:00

**25-32: BODY POP, BODY ROLL SIDEWAYS, BODY POP, STEP R, L, UNWIND**

- &1 With feet apart angle body to 10:30 weight mostly on LF Push chest forward, contract body in (body pop)
- 2-3 Snake Right sideways (body roll) (2) close LF to RF bending knees slightly(3)
- &4 Push chest forward, contract body (body pop)
- &5 Flick RF behind slightly, Step RF to side (angle towards 1:30)
- &6 Flick LF behind slightly, step LF to side (angle towards 10:30)
- 7-8 Cross RF behind LF unwind ½ Turn R end with feet together, end facing 6:00