

Take A Trip

32 Count, 4 Wall, Improver

Choreographer: Sadiah Heggernes (UK) March 2015

Choreographed to: Take A Trip by Mono Street (87 bpm)

16 count intro:

S1 Side Rock, Syncopated Weave 1/4 Turn L, Rocking Chair, Step, Chasse Turn R

1&2& Rock R to side. Recover onto L. Cross R over L. Step L to side

3&4 Cross R behind. 1/4 turn L. Step forward L-R 9:00

5&6& Rock L forward. Recover onto R. Rock back on L. Recover onto R

7&8 Step forward L. Pivot 1/2 turn R. Step forward L 3:00

S2 Syncopated Lock steps Forward, Mambo 1/4 Turn L, Hitch, Cross Shuffle

1&2 Step R to R diagonal. Lock L behind R. Step R to R diagonal

&3&4 Step L to L diagonal. Lock R behind L. Step L to L diagonal. Step R to R diagonal

5&6& Rock L forward. Recover onto R. 1/4 turn L. Step L to side. Hitch R knee beside L 12:00

7&8 Cross R over L. Step L to side Cross R over L

S3 Point, Hitch, Cross, Twist R-L-R, Side Touch x 2, Run Forward x 3

1&2 Point L to side. Hitch L knee beside R. Cross L over R

3&4 On balls of both feet. Twist 1/2 turn R. Twist 1/2 turn L. Twist 1/2 turn R (weight ends on L) 6:00

5&6& Step R to side. Touch L beside R. Step L to side. Touch R beside L

7&8 Run forward R-L-R

S4 Side Rock, Syncopated Weave, 1/4 Turn R, Rocking Chair, Kick Ball Step

1&2& Rock L to side. Recover onto R. Cross L over R. Step R to side

3&4 Cross L behind R. 1/4 turn R. Step forward R-L 9:00

5&6& Rock forward on R. Recover onto L. Rock back R. Recover onto L

7&8 Kick R forward. Step R beside L. Step forward L

Ending: You will be facing back wall. Replace steps 5&6 (section 2) with:

Mambo 1/2 turn L to bring you to front wall