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## Take It Off

128 Count, 1 Wall, Phrased Advanced  
Choreographer: "TB2" - Trevor Thornton Brandon Roman &  
Branden Swift (Florida, USA - March 2017)  
Choreographed to: "Take It Off" – Lil Jon  
feat. Yandel & Becky G

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**Count In: 32 count intro**

**Sequence: ABCD-ABCD-D-TAG-ACBD**

### Section A --

#### **S1 Heel Grind R ¼ Turn R, Vaudeville W/L Heel, Ball Crossing Shuffle, Side Points**

- 1 - 2 Grind R heel fwd making ¼ turn R (1), recover weight back onto L (2) 3  
& 3 & 4 Step R next to L (&), cross L over R (3), step R to R (&), L heel fwd (4) 3  
& 5 & 6 Step down on L (&), cross R over L (5), step L to L (&), cross R over L (6) 3  
7 & 8 & Point L toe to L (7), step L next to R (&), point R toe to R (8), touch R next to L (&) 3

**Styling Almost want to jump into the heel grind in the beginning.**

#### **S2 Step R, Weave R, ¼ L Sweep, ½ Turn R, Chase Turn R**

- 1 2 & Big step to R w/R (1), step L behind R (2), step R to R (&) 3  
3 - 4 Push off R making ¼ turn L sweeping R back to front (3), take weight fwd on R (4) 12  
5 - 6 Press off R taking weight back onto L (5), make ½ turn over R shoulder stepping onto R (6) 6  
7 & 8 Step fwd on L (7), make ½ turn over R taking weight on R (&), step fwd on L (8) 12

#### **S3 Knee Pops X3, R Arm Out, L Arm Out, Body Roll, Point, Unwind ½ Turn R**

- 1 & 2 Step fwd on R popping L knee (1), step fwd on L popping R knee (&), step fwd on R popping L knee (2) 12  
3 - 4 R arm extends fwd to the R (3), L arm extends fwd to the L (4) 12  
5 - 6 Pull arms up to ears and roll them down your sides while body rolling, taking weight on your L foot (5-6) 12  
7 - 8 Point R toe back (7), unwind ½ turn R taking weight on R (8) 6

#### **Styling:-**

- 1&2 Should be with lyrics..(My bo-o-dy), small steps here, barely moving fwd  
3-4 During the arms, your hands should be shaped like a telephone (pinky, and thumb extended) (Lyrics... Call me)

#### **S4 Step, ¼ Turn R, Ball Cross, ¼ R Press, Recover, Step Back, Coaster Step**

- 1 & 2 Step fwd on L (1), make ¼ turn R taking weight on R (&), cross L over R (2) 9  
3 - 4 Make ¼ turn R pressing fwd on the R (3), recover weight back to L (4) 12  
5 6 & 7 Step back on R (5), step back on L (6), step together with R (&), big step fwd on L (7) 12  
8 Touch R next to L (8) 12

### B --

#### **S1 Step R, Touch L, Step L, Touch R, Step R X2, Touch L, Step L, Dip R Knee, Touch L Next To R**

- 1 & 2 & Step R to R (1), touch L next to R (&), step L to L (2), touch R next to L (&) 12  
3 & 4 & Step R to R (3), step L next to R (&), step R to R (4), touch L next to R (&) 12  
5 & 6 & Step L to L (5), touch R next to L (&), step R to R (6), touch L next to R (&) 12  
7 & 8 & Step L to L (7), dip R knee down (&), take weight on R (8), touch L next to R (&) 12

**Styling This section is quick -- SMALL STEPS**

#### **S2 Step L, Touch R, Step R, Touch L, Step L X2, Touch R, Step R, Dip L Knee, Touch R Next To L**

- 1 & 2 & Step L to L (1), touch R next to L (&), step R to R (2), touch L next to R (&) 12  
3 & 4 & Step L to L (3), step R next to L (&), step L to L (2), touch R next to L (&) 12  
5 & 6 & Step R to R (5), touch L next to R (&), step L to L (6), touch R next to L (&) 12  
7 & 8 & Step R to R (7), dip L knee down (7), take weight on L (8), touch R next to L (&) 12
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**S3 Slide R, Together W/L, Hold X2, Cross Rock R, Cross Rock L**  
1 - 2 Slide R to R (1), drag L to R (2) (should be facing slight diagonal to the L) 10:30  
3 - 4 Hold 2 counts (put arms up and bounce them twice in the air) (3-4) 10:30  
5 & 6 Cross rock R in front of L (5), recover weight to L (&), step to the R w/R, (squaring up to 12) (6) 12  
7 & 8 Cross rock L in front of R (7), recover weight to R (&), step to the L w/L (8) 12

**S4 ½ Turn L X2, Step Together “JUMPING Jacks”**  
1 - 2 Step fwd on R (1), make ½ turn over L shoulder taking weight on L (2) 6  
3 - 4 Step fwd on R (3), make ½ turn over L shoulder taking weight on L (4) 12  
5 - 6 Step fwd on R (5), step together with L (6) (prep here to jump) 12  
7 & 8 & Jump feet shoulder width apart at diagonals (R fwd, L back) (7), jump feet together (&) Jump feet  
shoulder width apart at diagonals (L fwd, R back) (8), jump feet together (&) 12

**C --**

**S1 Stomp R, Hold, Ball Stomp, Point Fwd W/L, ¼ Turn Paddle Backwards, ½ Turn Sailor Step W/L Cross**

1 - 2 Stomp R fwd to R diagonal (1), hold (2) 12  
& 3 4 Step L next to R (&), step fwd on R (3), cross point L in front of R (4) 12  
5 - 6 Make 1/8 turn L pivoting on R foot, L pointed out (5), make 1/8 turn L pivoting on R foot (6) 9  
7 & 8 Step L behind R (7), make ¼ turn L w/R foot in place (&), make ¼ turn L crossing L over R (8) 3

**S2 Ball Cross, Side Rock, Recover, 3/4 Turn Unwind R, Rock, Recover, Ball, Slide Back W/ Drag**

& 1 2 & Step R to R (&), cross L over R (1), rock out on R (2), recover weight back onto L (&) 3  
3 - 4 Hook R foot behind L (3), make ¾ unwind over R taking weight on R (4) 12  
5 - 6 Big rock fwd on L (5), (body roll) recover weight back to R (6) 12  
& 7-8 Step L next to R (&), big slide back on R (7), drag L to inside of R (8) 12

**S3 Stomp L, Hold, Ball Stomp, Point Fwd W/R, ¼ Turn Paddle Backwards, ½ Turn Sailor Step W/R Cross**

1 - 2 Stomp L fwd to L diagonal (1), hold (2) 12  
& 3 4 Step R next to L (&), step fwd on L (3), cross point R in front of L (4) 12  
5 - 6 Make 1/8 turn R pivoting on L foot, R pointed out (5), make 1/8 turn R pivoting on L foot. (6) 3  
7 & 8 Step R behind L (7), make ¼ turn R w/L foot in place (&), make ¼ turn R crossing R over L (8) 9

**S4 Ball Cross, Side Rock, Recover, ¾ Turn Unwind L, Rock, Recover, Ball, Slide Back W/ Drag.**

& 1 2 & Step L to L (&), cross R over L (1), rock out on L (2), recover weight back onto R (&) 9  
3 - 4 Hook L foot behind R (3), make ¾ unwind over L taking weight on L (4) 12  
5 - 6 Big rock fwd on R (5), (body roll) recover weight back to L (6) 12  
& 7-8 Step R next to L (&), big slide back on L (7), drag R to inside of L (8) 12

**D --**

**S1 Mambo Fwd R, Mambo Back L, Cross Samba R, Cross Samba L**

1 & 2 Rock fwd on R (1), recover back on L (&), step R next to L (2) 12  
3 & 4 Rock back on L (3), recover fwd on R (&), step L next to R (4) 12  
5 & 6 Cross R over L (5), step L to L (&), step down on R (6) 12  
7 & 8 Cross L over R (7), step R to R (&), step down on L (8) 12

**S2 Paddle ½ Turn L, Step, Paddle ½ Turn R, Step**

1 - 2 Pivot on L heel an 1/8 turn L touching R to R (1), pivot on L heel an 1/8 turn L touching R to R (2) 9  
3 - 4 Pivot on L heel an 1/8 turn L touching R to R (3), step fwd on R to square up to back wall (4) 6  
5 - 6 Pivot on R heel an 1/8 turn R touching L to L (5), pivot on R heel an 1/8 turn R touching L to L (6) 9  
7 - 8 Pivot on R heel an 1/8 turn R touching L to L (7), step fwd on L to square up to front wall (8) 12

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**S3 Shimmy R, ½ Turn L , Shimmy L, ½ Turn R**

- 1 - 2 Step out big step to R (1), shimmy shoulders (2) 12  
3 - 4 Make ½ turn to the L (pivoting on R heel) (3), hold (4) 6  
5 - 6 Step out big step to L (5), shimmy shoulders (6) 6  
7 - 8 Make ½ turn to the L (pivoting on L heel) (7), hold (8) 12

**S4 R Side Mambo W/A Cross, L Side Mambo, V Step.**

- 1 & 2 Rock R out to R (1), recover weight to L (&), Cross R over L (2) 12  
3 & 4 Rock L out to L (3,) recover weight to R (&), step together with L (4) 12  
5 - 6 Step fwd on R diagonal w/ R (5), step fwd on L diagonal w/ L (6) 12  
7 - 8 Step back on R diagonal w/ R (7), step back on L diagonal w/L (8) 12

**Styling:-**

1 & 2, You're trying to get back over to the Left!

**TAG: 32 count****S1 Step, Lock, Triple, ½ Turn, Triple**

- 1 - 2 Step fwd on R (1), lock L behind R (2) 12  
3 & 4 Step fwd on R (3), step L next to R (&), step fwd on R (4) 12  
5 - 6 Step fwd on L (5), make ½ turn over your R w/ weight on R (6) 6  
7 & 8 Step fwd on L (7), step together w/ R (&), step fwd on L (8) 6

**S2 Out Hold X2, Jazz Box**

- 1 - 2 Step R to R (1), hold (2) 6  
3 - 4 Step L to L (3), hold (4) 6  
5 - 6 Cross R over L (5), step back on L (6) 6  
7 - 8 Step R to R (7), step fwd on L (8) 6

**S3 This pattern of 16 is then repeated on the back wall facing 6 o'clock, ending on the front wall facing 12 o'clock**

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**Have fun and enjoy on the dance floor! Feel it with the music!! Dance to Express~Not Impress.**

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