



# Take Out



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Type of dance: 2 wall phrased dance. A: 64 counts, B: 32 counts  
 Level: Advanced  
 Phrasing: A, B, A, B, A, B, B, A, Ending  
 Music: 'Carry Out' by Timbaland ft. Justin Timberlake. Buy on iTunes.  
 Intro: 32 counts from main beat

## A SECTION

Counts	Footwork	End facing
<b>1-8</b>	<b>Step knee pop x2, R side rock, Chassé R</b>	
1&2	Step fw R, pop both knees out, pop both knees back to centre (weight R)	12:00
3&4	Step fw L, pop both knees out, pop both knees back to centre (weight L)	12:00
5-6	Rock R to R side bending knees, recover onto L bending knees	12:00
7&8	Step R to R side, step L next to R, step R to R side	12:00
<b>9-16</b>	<b>Hitch slide back, Ball step lock step, Kick step lock step ½ L, Step flick step</b>	
&1-2	Hitch L up, take a big step back L, slide R next to L (weight on L)	12:00
&3&4	Step R next to L, step L fw, lock R behind L, step L fw	12:00
5&6&	Kick R to left diagonal, turn 1/8 L step down R (10:30), turn 1/8 L lock L behind R (9:00), step R fw as you make 1/4 turn L	06:00
7&8	Step L to L side, flick R behind L, step R to R side	06:00
<b>17-24</b>	<b>Behind ¼ R step, Heel swivels x2, Arm movements, Ball step touch</b>	
1&2	Cross L behind R, turn ¼ R stepping R to R side, step L to L side	09:00
&3&4	Swivel R heel to L side, return to centre, swivel L heel to R side, return to centre	09:00
5&6	With palm of R hand hit L fist in front of body (5), swing L arm around your back (&), grab a hold of your R over arm above the elbow and fist your R hand as you put your arm in a 90 degree angle (elbow by hip) (6)	09:00
7&8&	Hit R hip with R fist, step R next to L, step L to L side, touch R next to L	09:00
<b>25-32</b>	<b>Crib walks, Rock kick, Back out out</b>	
1&2&	Touch R heel fw, bring feet together, touch L heel fw, bring feet together	09:00
3&4&	Touch R heel fw, bring feet together, touch R heel fw, bring feet together	09:00
5-6	Rock L fw, recover onto R and kick L fw	09:00
7&8	Step L back, step R to R side, step L to L side	09:00
<b>33-40</b>	<b>Step touch x3, Out out</b>	
1-2	Step R to R side, touch L next to R	09:00
3-4	Step L to L side, touch R next to L	09:00
5-6	Step R to R side, touch L next to R <i>Styling option: put some bounce in to it – punch opposite elbow down on the touches – arm bent in 90 degree angle (L touch – R elbow)</i>	09:00
7&8	Step L to L side, step R to R side, hold	09:00
<b>41-48</b>	<b>Ball heel grind x2, Back out out, Shake</b>	
&1-2	Step L next to R, touch R heel fw (toes pointing L), step L back as you grind R heel (toes now pointing R)	09:00
&3-4	Step R next to L, touch L heel fw (toes pointing R), step R back as you grind L heel (toes now pointing L)	09:00
5-6&	Step L back, step R to R side, step L to L side	09:00

7&8&	Shake what you got (weight stays on L)	09:00
<b>49-56</b>	<b>Step touch x2, Chassé ¼ R, Step ½ R step, Kick step lock step</b>	
1&2&	Step R to R side, touch L next R, step L to L side, touch R next to L	09:00
3&4	Step R to R side, step L next to R, turn ¼ R stepping R fw	12:00
5&6	Step L fw, turn ½ R stepping R down, step L fw	06:00
7&8&	Kick R fw, step R down, lock L behind R, step R fw	06:00
<b>57-64</b>	<b>Step body roll, Ball point, Chest pop, Side switches, Step together</b>	
1-2	Step L fw, roll body from head and down (weight ends on R)	06:00
&3&4	Step L next to R, point R back, pop chest fw and back to centre	06:00
5&6&	Point R to R side, step R next to L, point L to L side, step L next to R	06:00
7-8	Step R fw, step L next to R L	06:00

## B SECTION

Counts	Footwork	End facing
<b>1-8</b>	<b>Side rocks with hips ½ L, Cross rock, Side Rock, Behind ¼ L Side</b>	
1&2&	Turn 1/8 L pushing R hip to R, recover L pushing L hip to L, REPEAT	03:00
3&4&	Repeat counts 1&2&	12:00
5&6&	Cross R in front of L, recover L, rock R to R side, recover L	12:00
7&8	Cross R behind L, turn ¼ L stepping L fw, step R to R side	09:00
<b>9-16</b>	<b>Hip roll, Hip Bump sit, Arm movement, Chest pop</b>	
1-2	Roll hips counter clockwise full round ending with weight on R	09:00
3&4	Bump hip L up, Bump hip R, Bump hip L down and sit on L (reverse C bump)	09:00
5-6	Move your R arm, palm facing body, in under your L arm (5), move R arm in a circle from L to R, palm facing up (6) (weight is now on R)	09:00
7&8	Continue the circle moving your R up behind your head and down in front of your chest, palm facing body (7), pop chest fw (&), pop chest back (8)	09:00
<b>17-24</b>	<b>Coaster step lock step, Heel swivels, Back back back, ½ R, Out out hold</b>	
1&2&	Step L back, step R next to L, step L fw, lock R behind L	09:00
3&4	Step L fw, swivel both heels to L side, swivel both heels back to centre (weight R)	09:00
5&6	Run back L, run back R, run back L lifting up on L ball to start ½ turn R on L ball	09:00
7&8	Continue your ½ turn R on ball of L and step out R (7), step out L (&), hold (8)	03:00
<b>25-32</b>	<b>Hip roll hip push x2, Tripple ¾ L, Step lock step touch</b>	
1&2	Roll hips counter clockwise L to R (weight R) (1&), push hips fw (2)	03:00
3&4	Roll hips clockwise R to L (weight L) (3&) push hips fw (4)	03:00
5&6	Turn ¼ L stepping R back, turn ¼ L stepping L next to R, turn ¼ L stepping R fw	06:00
&7&8	Step L fw, lock R behind L, step L fw, touch R next to L	06:00

**Good luck & enjoy!**