

# Take A Pill

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**Count:** 32                      **Wall:** 4                      **Level:** Beginner / Intermediate

**Choreographer:** Michael Diven (June 2016)

**Music:** "I Took a Pill in Ibiza (Seeb Remix) - Explicit" by Mike Posner

## **Intro: 32 counts, start dancing on the lyrics**

### **Step, Lock, Locking Shuffle, Rock, Recover, ¼ Turning Shuffle**

- 1-2**            Step forward on right foot, lock left foot behind right foot
- 3&4**           Step forward on right foot, lock left foot behind right foot, step forward on right foot
- 5-6**            Rock forward on left foot, recover weight back on right foot
- 7&8**            Pivot ¼ turn left stepping left foot to left side, step right foot next to left foot, step left foot to left side

### **Turning Grapevine, Point, Grapevine w/ ½ Turn**

- 1-2**            Cross step right foot over left, pivot ¼ turn right stepping back on left foot
- 3-4**            Pivot ¼ turn right stepping right foot to right side, point left toe to left side
- 5-6**            Step left foot to left side, step right foot behind left foot
- 7-8**            Pivot ¼ turn left stepping forward on left foot, pivot ¼ turn left stepping right foot to right side

### **(Intermediate dancers can complete 1 ½ turns to the left on counts 5-8)**

- 5-6**            Pivot ¼ turn left stepping forward on left foot, pivot ½ turn left stepping back on right foot
- 7-8**            Pivot ½ turn left stepping forward on left foot, pivot ¼ turn left stepping right foot to right side

### **Cross Behind, Point, Cross Step, Point, Cross Behind, Point, Cross Step, Point**

- 1-2**            Step left foot behind right foot, point right toe to right side
- 3-4**            Cross step right foot over left, point left toe to left side
- 5-6**            Step left foot behind right foot, point right toe to right side
- 7-8**            Cross step right foot behind left foot, point left toe to left side

### **Left Sailor, Right Sailor, Touch, Hold, ½ Turn Unwind**

- 1&2**            Step left foot behind right foot, step right foot to right side, step left foot next to right foot

- 3&4** Step right foot behind left foot, step left foot to left side, step right foot to right side
- 5-6** Touch left toe behind right foot, hold
- 7-8** Unwind  $\frac{1}{2}$  turn to the left (weight ends up on the left foot)

**RESTART**