

Give and Take

Count: 32

Wall: 2

Level: Beginner

Choreographer: Melanie Lundström (DE) - March 2026

Music: Give and Take - The Ark



Start: after 32 Counts

Sec 1: K-Step with Clap

- 1-2 Step R diagonal forward (1), touch L next to R and clap twice (2)
- 3-4 Step L back home (3), touch R next to L and clap once (4)
- 5-6 Step R diagonal back (5), touch L next to R and clap twice (6)
- 7-8 Step L back home (7), touch R next to L and clap once (8)

Sec 2: Monterey Turn $\frac{1}{4}$ r, Grapevine

- 1-2 Point R to right side (1), close R to left and turn $\frac{1}{4}$ r on L (ending weight on R) (3:00) (2)
- 3-4 Point L to left side (3), step L together R (4)
- 5-6 Step R to right side (5), step L behind R (6)
- 7-8 Step R to right side (7), step L together R (8)

Sec 3: Jazz-Box $\frac{1}{4}$ r with Toe Struts

- 1-2 Step R toe in front of L (1), drop R heel (2)
- 3-4 Step L toe back with $\frac{1}{4}$ turn r (6:00) (3), drop L heel (4)
- 5-6 Step R toe to right side (5), drop R heel (6)
- 7-8 Step L toe forward (7), drop L heel (8)

Sec 4: Rocking Chair, Pivot Turn $\frac{1}{2}$ r (2x) (alternative Rocking Chair)

- 1-2 Step R forward (1), step L in place (2)
- 3-4 Step R back (3), step L in place (4)
- 5-6 Step R forward (5), turn $\frac{1}{2}$ left (weight on L) (12:00) (6)
- 7-8 Step R forward (7), turn $\frac{1}{2}$ left (weight on L) (6:00) (8)

Repeat and have fun!
