

Gimme A Break

Count: 64

Wand: 4

Ebene: Intermediate

Choreograf/in: Linda Hegarty (UK)

Musik: I Need A Break - Noah Gordon



CROSS, TOUCH, KICK, CROSS, ROCK, RECOVER, STEP BACK, POINT

- 1-2 Step left over right, touch right toe beside left
- 3-4 Kick right forward, step right over left
- 5-6 Rock diagonally back left, recover onto right
- 7-8 Step left behind right, point right to right side

CROSS, SIDE, BEHIND, SIDE, TOUCH, STEP, FULL TURN

- 9-10 Cross right over left, step left to left side
- 11-12 Cross right behind left, step left to left side
- 13-14 Touch right beside left, step right to right side
- 15-16 Step left right while turning $1\frac{1}{4}$ turns right

SHUFFLE LEFT-RIGHT-LEFT, POINT HOLD, & ROCK RECOVER, STEP SCUFF $\frac{1}{2}$ TURN

- 17&18 Shuffle forward left-right-left
- 19-20 Point right to right side and hold for one
- &21-22 Step right beside left, rock forward left, recover onto right
- 23-24 Step left forward turning $\frac{1}{2}$ turn left, scuff right

SHUFFLE RIGHT-LEFT-RIGHT, POINT HOLD, & ROCK RECOVER, STEP SCUFF $\frac{3}{4}$ TURN

- 25&26 Shuffle forward right-left-right
- 27-28 Point left to left side and hold for one
- &29-30 Step left beside right, rock forward right, recover onto left
- 31-32 Step right forward turning $\frac{3}{4}$ turn right, scuff left

SIDE TOGETHER, SHUFFLE LEFT-RIGHT-LEFT, BACK ROCK, FULL TURN

- 33-34 Step left to left side, step right beside left
- 35&36 Shuffle left-right-left to the left
- 37-38 Rock right behind left, recover onto left
- 39-40 Step right left while turning 1 full turn left

SIDE TOGETHER, SHUFFLE RIGHT-LEFT-RIGHT, BACK ROCK, FULL TURN

- 41-42 Step right to right side, step left beside right
- 43&44 Shuffle right-left-right to the right
- 45-46 Rock left behind right, recover onto right
- 47-48 Step left right while turning $\frac{1}{2}$ turn right

CROSS KICK, BEHIND SIDE, CROSS KICK, STEP POINT

- 49-50 Step left over right, kick right forward
- 51-52 Step right behind left, step left to left side
- 53-54 Step right over left, kick left forward
- 55-56 Step left behind right, point right to right side

CROSS $\frac{1}{4}$ TURN STEP, STEP BACK TOUCH, STEP SCUFF $\frac{1}{2}$ TURN, SHUFFLE RIGHT-LEFT-RIGHT

- 57-58 Cross right over left and step left back turning $\frac{1}{4}$ turn right
- 59-60 Step right back, touch left beside right
- 61-62 Step left forward and scuff right round $\frac{1}{2}$ turn left

63&64

Shuffle forward right-left-right

REPEAT

TAG

STEP LEFT, STEP RIGHT, KNEE IN, KNEE OUT

After count 64 of wall 1 and count 32 of wall 3

1-2 Step left to left side, step right to right side

3-4 Bend right knee in, bend right knee out (placing weight onto right)

Start the dance over at count 1
