Give It All Up!

Count: 32

Ebene: Intermediate

Choreograf/in: Sandra Le Brocq

Musik: One of Those Days - Whitney Houston

KICK, STEP, TOUCH, STEP, SIDE STEP, TOGETHER

- 1&2 Kick right foot forward, step right foot beside left, touch ball of left foot beside right
- &3-4 Step left foot slightly to left, step right foot to right side (bending right knee), close left foot beside right

OPEN HIP WALK TWICE, COASTER STEP WITH ½ TURN RIGHT

- Lifting right hip & knee step forward slightly to the right on right foot. Lifting left hip & knee 5-6 step forward & slightly to the left on left foot
- 7&8 1/4 turn to right stepping back on ball of right foot, 1/4 turn to right stepping left foot beside right, step forward on right foot (6:00)

ROCK, RECOVER, BEHIND-SIDE-CROSS WEAVE

- 1-2 Rock to left side on left foot, recover weight on right foot
- 3&4 Step left behind right, step right to right side, cross step left foot in front of right

ROCK, RECOVER, ¾ TURN TO RIGHT, CHASSE FORWARD

- 5-6 Rock to right side on right foot, recover weight on left foot
- 7 ³⁄₄ turn to right closing right foot beside left (keep weight on left foot)
- 8&1 Step forward on right foot, step ball of left foot behind right, step forward on right foot (3:00)

HITCH, REPLACE, STEP, TOGETHER WITH ¼ TURN LEFT

- 2& Hitch left knee forward, replace ball of left foot behind
- 3-4 Step right foot in place, ¼ turn to left closing left foot beside right (12:00)

SIDE TOUCH, TOGETHER TOUCH, BRUSH WITH RONDE, COASTER WITH ½ TURN LEFT

- 5-6 Bending left knee touch right foot out to side, straighten left knee touching right foot beside left (right knee slightly crossed over left)
- &7 Step down on right foot, brush left foot forward& sweep leg around to back
- 8&1 1/4 turn to left stepping back on ball of left foot, 1/4 turn to left stepping right foot beside left, step forward on left (6:00)

KICK, BALL-CROSS, SIDESTEP

- 2&3 Kick right foot to side, step down on right foot, cross step left foot in front of right
- 4 Step right foot to side

COASTER STEP WITH 1/4 TURN LEFT, TOUCH FORWARD, TOUCH BACK

- Step ball of left foot behind right, ¼ turn to left stepping right foot beside left, step forward on 5&6 left foot
- &7 Bending left knee slightly lift right foot, straighten left knee touching right foot to front
- Bending left knee slightly lift right foot, straighten left knee touching right foot to back (3:00) &8

REPEAT





Wand: 4