

# Gimme A Beat

Compte: 32

Mur: 4

Niveau:

Chorégraphe: Peter Metelnick (UK)

Musique: Got the Feelin' - Five



Start on 17th beat of "Unlimited Megajam"

## RIGHT KICK BALL TOUCH, LEFT KICK BALL TOUCH, RIGHT KICK-HOP-STEP, APPLE JACKS LEFT & RIGHT

- 1&2 Kick right foot forward, step right foot together, touch left toes to left side
- 3&4 Kick left foot forward, step left foot together, touch right toes to right side
- 5&6 Kick right foot forward, step right foot to right side, step left foot together
- &7 With weight on left heel & right toes: turn left toes and right heel left, turn left toes and right heel back to center
- &8 With weight on right heel & left toes: turn right toes and left heel right, turn right toes and left heel back to center (shift weight back to left foot)

## RIGHT CROSS & UNWIND $\frac{3}{4}$ LEFT, RIGHT FORWARD SHUFFLE, LEFT TOE BACK, RIGHT HEEL FORWARD, LEFT SCUFF-HITCH-TURN $\frac{1}{4}$ LEFT

- 1-2 Cross step right foot over left, unwind  $\frac{3}{4}$  left (weight ends on left foot/now facing right side wall)
- 3&4 Step right foot forward, step left foot together, step right foot forward
- 5& Tap left toes back, step left foot together
- 6& Touch right heel forward, step right foot together
- 7&8 Scuff left foot forward, keep raising left leg up into a left hitch & start to turn  $\frac{1}{4}$  left on right foot, complete  $\frac{1}{4}$  left turn on right foot with left knee up (now facing front wall)

## VINE LEFT 2, DRAG LEFT, RIGHT SIDE ROCK & RECOVER, RIGHT SAILOR SHUFFLE

- 1-2 Step left foot to left side, cross step right foot behind left
- 3&4 Step left foot to left side, cross step right foot behind left, step left foot to left side
- 5-6 Step right foot to right side and rock, recover weight on left foot
- 7&8 Cross step right foot behind left, step left foot to left side, step right foot to the right

## $\frac{1}{4}$ LEFT & LEFT COASTER STEP BACK, RIGHT FORWARD, $\frac{1}{2}$ LEFT PIVOT TURN, FORWARD FULL SPIN TURNING LEFT, SYNCOPATED RIGHT FORWARD & BACK ROCK STEPS

- 1&2 Turn  $\frac{1}{4}$  left on right foot and step left foot back, step right foot together, step left foot forward (now facing left side wall)
- 3-4 Step right foot forward, pivot  $\frac{1}{2}$  left (now facing right side wall)
- 5-6 Step right foot forward turning  $\frac{1}{2}$  left, while pivoting  $\frac{1}{2}$  left on right foot step left foot forward (will complete a full turn/end facing right side wall)
- 7&8 Rock step right foot forward, recover weight on left foot, touch right toes together

### Easy alternate steps for 7&8

- 7 Step right foot forward
- 8 Step left foot together

REPEAT