

Gimme It (給我給我) (zh)

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Elle Jay (UK) - 2008年08月
音乐: Gimme! Gimme! Gimme! (A Man after Midnight) - Amanda Seyfried : (CD:
Mamma Mia The Movie)



前奏 : Start on vocals. 唱歌起跳

- 第一段** **Side, Cross, Rock, ¼ Turn L Shuffle, Step R Forward ½ L Pivot, Forward Shuffle** 側, 交叉, 下沉, 左轉1/4
交換步, 右前踏轉1/2, 前交換步
- 1-2-3 Step R to R side, cross rock L over R, Rock back onto R
右足右踏, 左足於右足前交叉下沉, 右足後下沉
- 4&5 Step L ¼ turn L, step R beside L, step forward L
左轉90度左足踏, 右足併踏, 左足前踏
- 6-7, 8&1 Step forward R, pivot ½ turn L, Step forward R, close left beside R, step forward R
右足前踏, 左轉180度, 右足前踏, 左足併踏, 右足前踏
- 第二段** **Full Turn R, Cross, Rock, Recover, Cross & Heel, Step, Together**
右轉圈, 交叉, 下沉, 回復, 交叉 & 踵, 踏, 併
- 2-3, 4&5 On ball of R pivot ½ turn R stepping back L, on ball of L pivot ½ turn R stepping forward R, Cross L over
R, rock R to R side, step L to L side
右轉180度左足後踏, 左轉180度右足前踏,
左足於右足前交叉踏, 右足右下沉, 左足左踏
- 6&7 Cross R over L, step L to L side, touch R heel diagonally forward R, 右足於左足前交叉踏, 左足左踏, 右
足踵右斜角線前點
- 8&8 Step R beside, step L in place
右足併踏, 左足原地踏
- 第三段** **Cross, Side, Behind ¼ R & Heel, Step, ¼ L, ¼ L, ¼ L Chasse**
交叉, 側, 後右轉1/4 & 踵, 踏, 左1/4, 左1/4, 左1/4追步
- 1-2 Cross R over L, step L to L side
右足於左足前交叉踏, 左足左踏
- 3&4& Cross R behind L turn ¼ R, stepping L back, touch R heel forward, step R in place
右足於左足後交叉踏, 右轉90度左足後踏, 右足踵前點, 右足原地踏
- 5-6 ¼ L step L forward, ¼ L step R back,
左轉90度左足前踏, 左轉90度右足後踏
- 7&8 ¼ L step L to L side, close R beside L, step L to L side
左轉90度左足左踏, 右足併踏, 左足左踏
- 第四段** **Forward Mambo, Back Mambo, Cross, ¼ R, ¼ R Chasse**
前曼波, 後曼波, 交叉, 右1/4, 右1/4追步
- 1&2 Rock forward on R, rock back on L, step R back.
右足前下沉, 左足後下沉, 右足後踏
- 3&4 Rock back on L, rock forward on R, step forward L,
左足後下沉, 右足前下沉, 左足前踏
- 5-6, 7&8 Cross R over L, ¼ R step L back, ¼ R step R to R side, close L beside R, step R to R side
右足於左足前交叉踏, 右轉90度左足後踏,
右轉90度右足右踏, 左足併踏, 右足右踏
- 第五段** **Forward Mambo, Back Mambo, Cross, Side, Sailor ¼ L**
前曼波, 後曼波, 交叉, 側, 左轉1/4水手步

- 1&2,3&4 Rock forward on L, rock back on R, step L back, rock back on R, rock forward on L, step R forward
左足前下沉, 右足後下沉, 左足後踏,
右足後下沉, 左足前下沉, 右足前踏
- 5-6 Cross L over R, step R to side,
左足於右足前交叉踏, 右足右踏
- 7&8 Cross L behind R, ¼ turn L stepping R beside L, step L to L side
左足於右足後交叉踏, 左轉90度右足併踏, 左足左踏

To finish facing front on final wall replace ¼ L sailor (section 5) with ¾ L sailor
最後一面牆以左轉270度水手步取代轉90度水手步, 面向前面結束

第六段 ¼ R Skate, ½ L Skate, ½ R Forward Shuffle, ½ L Skate, ½ R Skate, ½ L Forward Shuffle
右¼滑冰, 左½滑冰, 右½前交換, 左½滑冰, 右½滑冰, 左½前交換

- 1-2,3&4 ¼ R skate R forward, ½ L skate L forward, ½ R step R forward, close L beside R, step R forward
右轉90度右前滑冰步, 左轉180度左前滑冰步,
右轉180度右足前踏, 左足併踏, 右足前踏
- 5-6, 7&8 ½ L skate L forward, ½ R skate R forward, ½ L step forward L, close R beside L, step forward L
左轉180度左前滑冰步, 右轉180度右前滑冰步,
左轉180度左足前踏, 右足併踏, 左足前踏

第七段 Jazz Box, Rock, Recover, Triple ¾ R
爵士方塊, 下沉, 回復, 小三步右轉¾

- 1-2-3-4 Cross R over left, step L back to L side, Step R back to R side, step L next to R
右足於左足前交叉踏, 左足左後踏, 右足右後踏, 左足併踏
- 5-6, 7&8 Rock forward on R, recover back on L, Triple ¾ R stepping, R, L, R 右足前下沉, 左足後回復, 小三步右
轉270度-右, 左, 右

第八段 Side, Hold, Together, Side, Cross, Scissor Step, Kick Ball Cross
側, 候, 併, 側, 交叉, 剪刀步, 踢交叉交換

- 1-2, &3,4 Step L to side, hold, step R next to L, step L to side, step R across L 左足左踏, 候, 右足併踏, 左足左踏,
右足於左足前交叉踏
- 5&6 Step L to L, step R next to L, cross L over R,
左足左踏, 右足併踏, 左足於右足前交叉踏
- 7&8 Kick R diagonally forward R, step R next to L, cross L over R
右足右斜角線前踢, 右足併踏, 左足於右足前交叉踏

TWO simple tags both facing 12 o'clock
二個簡單的加拍動作, 都在面向12點鐘方向

TAG 1: 4 counts end of 2nd wall. 第二面牆結束時加4拍

Step R Forward, Pivot ½ L Twice. 右前踏, 左轉1/2 二次

- 1-2-3-4 Step R forward, ½ pivot turn L, step R forward, ½ pivot turn L
右足前踏, 左轉180度, 右足前踏, 左轉180度

Tag 2: 22 counts tag at the end of 4th wall 第四面牆結束時, 加22拍

Side Rock, Recover, R Sailor, L Sailor, Step R Forward, Pivot ½ L
側下沉, 回復, 右水手, 左水手, 右前, 左轉1/2

- 1-2, 3&4 Rock R to R side, recover on L, Cross R behind L, step L to L side, step R to R side
右足右下沉, 左足回復, 右足於左足後交叉踏, 左足左踏, 右足右踏
- 5&6, 7-8 Cross L behind R, step R to R side, step L to L side, step R forward ½ pivot turn L
左足於右足後交叉踏, 右足右踏, 左足左踏, 右足前踏, 左轉180度

Repeat 1- 8 of second tag to end facing 12.00
重覆前面八拍, 結束時面向12點鐘方向

Rock Forward and Back, Hip bumps
前下沉 & 後, 推臀

- 17-20 Rock forward on R, recover back on L, rock back on R, recover forward on L 右足前下沉, 左足後回復, 右足後下沉, 左足前回復
- 21-22 Step R to R bumping hips R, step L to L bumping hips L
右足右踏右推臀, 左足左踏左推臀
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