

Gimme Shelter

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Jo Kinser (UK) & John Kinser (UK) - March 2016
音乐: Gimme Shelter - Playing For Change : (iTunes)



Start on the vocals 48 counts in.

[1-8] □ R Kick & Out, Together, Cross, Side, Together, R Shuffle Fwd

1&2 Kick R low fwd, Step R slightly to R Side, Step L slightly to L (Shoulder width apart)
3,4 Step R next to L and slightly back, Step L over R
5,6 Step R to R, Step L next to R
7&8 Step R fwd, Step L next to R, Step R fwd

[9-16] □ Side, Together, Step Lock Back, R Rock Back, Toe, Heel

1,2 Step L to L, Step R next to L
3&4 Step L back, Lock R in front of L, Step L back
5,6 Rock R back, Recover weight L
7,8 Touch R toe next to L swiveling slightly L, Touch R heel to R diagonal swiveling slightly R

Restarts happen here on Wall 3 (6:00)

[17-24] □ Cross, Side, R Crossing Shuffle, L Rock Step, Together, 1/4 Turn, Fwd

1,2 Cross R over L, Step L to L (styling: Touch R toe over L, as you push down onto the R foot step L to L)
3&4 Cross R over L, Step L to L, Cross R over L
5-6 Rock L to L, Recover weight R
&7,8 Step L next to R, Make 1/4 turn R stepping R fwd (3:00), Step L fwd

[25-32] □ Walk Fwd, Mambo 1/2 Turn, 1/2 Turn, Back, L Coaster Step

1,2 Walk fwd R, L
3&4 Rock R fwd, Recover weight L, Make 1/2 Turn Rt Stepping R fwd (9:00)
5,6 Make 1/2 Turn Rt Stepping L back (3:00), Step R back
7&8 Step L back, Step R next to L, Step L fwd

Enjoy ;-)

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