

Gimme Some!

拍数: 48 墙数: 0 级数: Phrased Beginner Party dance
编舞者: Glynn Rodgers (UK) - December 2021
音乐: Gimme Some - Brendon



(32 Count Intro)

Phrasing: Phrased Part A & B (Chorus & Verse) (A A B B A A B A A B B B A A A A A A A)

Note! - I teach part B first to lure people into thinking it's a straight forward dance before you add in the fun bits! Sadly the phrasing is different to the Jimmy Bo Home track as it would need a restart, so it won't fit the same.

PART A - CHORUS

[1-8] "GIMME SOME" HIP THRUSTS

- 1-2 Lean weight on to right foot angling to left diagonal and thrust twice with arms bents at waist height and fists clenched.
- 3-4 Lean weight on to left foot angling to right diagonal and thrust twice with arms bents at waist height and fists clenched.
- 7-8 Repeat counts 1-4.

[9-12] "V" STEP WITH ARM MOVEMENTS (HEAD, HEAD, HIP, HIP)

- 1 Step right to right diagonal placing right hand behind your head.
- 2 Step left a shoulders width apart from right placing left hand behind your head.
- 3 Step right back to place putting right hand on right hip.
- 4 Step left beside right putting left hand on left hip.

[13-16] ¼ TURNING JUMPS FORWARD & BACK (OR "V" STEP)

- 5-6 Keeping hands on hips, jump forward with both feet, jump back with both feet turning 1/8 left.
- 7-8 Jump forward with both feet turning 1/8 turn left, clap hands.

If you don't want to jump, keep hands on your hips and do another V step turning ¼ turn clapping hands as your close left to right on count 8.

PART B - VERSE & INSTRUMENTAL

[1-16] "X" STEP (DOUBLE K STEP)

- 1-2 Step right forward to right diagonal, touch left beside right and clap.
- 3-4 Step left back to left diagonal, touch right beside left and clap.
- 5-6 Step right back to right diagonal, touch right beside left and clap.
- 7-8 Step left forward to left diagonal, STEP right beside left.

- 9-10 Step left forward to left diagonal, touch right beside left.
- 11-12 Step right back to right diagonal, touch left beside right.
- 13-14 Step left back to left diagonal, touch right beside left.
- 15-16 Step right forward to right diagonal, STEP left beside left.

[17-24] STROLL FORWARD, KICK, STROLL BACK, TOUCH.

- 1-4 Walk forward right-left-right, kick left foot forward.
- 5-8 Walk back left-right-left, touch right beside left.

[25-32] ROLLING VINE RIGHT, GRAPEVINE ¼ LEFT.

- 1-2 Turn ¼ right stepping forward right, turn ½ right stepping back left.
- 3-4 Turn ¼ right stepping side right, touch left beside right.
- 5-6 Step left to left side, cross right behind left.
- 7-8 Turn ¼ left stepping forward left, scuff right foot forward.

HAVE FUN AND SMILE!!
Last Update - 9 Dec. 2021
