

# Gimme A Break

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Linda Hegarty (UK)  
音乐: I Need A Break - Noah Gordon



## CROSS, TOUCH, KICK, CROSS, ROCK, RECOVER, STEP BACK, POINT

1-2            Step left over right, touch right toe beside left  
3-4            Kick right forward, step right over left  
5-6            Rock diagonally back left, recover onto right  
7-8            Step left behind right, point right to right side

## CROSS, SIDE, BEHIND, SIDE, TOUCH, STEP, FULL TURN

9-10           Cross right over left, step left to left side  
11-12          Cross right behind left, step left to left side  
13-14          Touch right beside left, step right to right side  
15-16          Step left right while turning 1¼ turns right

## SHUFFLE LEFT-RIGHT-LEFT, POINT HOLD, & ROCK RECOVER, STEP SCUFF ½ TURN

17&18          Shuffle forward left-right-left  
19-20          Point right to right side and hold for one  
&21-22        Step right beside left, rock forward left, recover onto right  
23-24          Step left forward turning ½ turn left, scuff right

## SHUFFLE RIGHT-LEFT-RIGHT, POINT HOLD, & ROCK RECOVER, STEP SCUFF ¾ TURN

25&26          Shuffle forward right-left-right  
27-28          Point left to left side and hold for one  
&29-30        Step left beside right, rock forward right, recover onto left  
31-32          Step right forward turning ¾ turn right, scuff left

## SIDE TOGETHER, SHUFFLE LEFT-RIGHT-LEFT, BACK ROCK, FULL TURN

33-34          Step left to left side, step right beside left  
35&36          Shuffle left-right-left to the left  
37-38          Rock right behind left, recover onto left  
39-40          Step right left while turning 1 full turn left

## SIDE TOGETHER, SHUFFLE RIGHT-LEFT-RIGHT, BACK ROCK, FULL TURN

41-42          Step right to right side, step left beside right  
43&44          Shuffle right-left-right to the right  
45-46          Rock left behind right, recover onto right  
47-48          Step left right while turning ½ turn right

## CROSS KICK, BEHIND SIDE, CROSS KICK, STEP POINT

49-50          Step left over right, kick right forward  
51-52          Step right behind left, step left to left side  
53-54          Step right over left, kick left forward  
55-56          Step left behind right, point right to right side

## CROSS ¼ TURN STEP, STEP BACK TOUCH, STEP SCUFF ½ TURN, SHUFFLE RIGHT-LEFT-RIGHT

57-58          Cross right over left and step left back turning ¼ turn right  
59-60          Step right back, touch left beside right  
61-62          Step left forward and scuff right round ½ turn left

63&64

Shuffle forward right-left-right

**REPEAT**

**TAG**

**STEP LEFT, STEP RIGHT, KNEE IN, KNEE OUT**

**After count 64 of wall 1 and count 32 of wall 3**

1-2 Step left to left side, step right to right side

3-4 Bend right knee in, bend right knee out (placing weight onto right)

**Start the dance over at count 1**

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