

Give It Up

拍数: 48 墙数: 1 级数: Intermediate
编舞者: Michael Barr (USA)
音乐: Give It Up or Let Me Go - The Chicks



CROSS-BALL-SIDE, CROSS-BALL-SIDE, ROCK, RETURN, SIDE-CROSS-SIDE

- 1&2 Cross-step left behind right, step onto ball of right next to left, step left slightly side left
3&4 Cross-step right behind left, step onto ball of left next to right, step right slightly side right
5-6 Rock-step onto left crossing behind right (body facing left diagonal), return onto right in place (crossed position)
7&8 Step left side left, step right side left crossing over and in front of left, step left side left (facing starting wall)

CROSS-BALL-SIDE, CROSS-BALL-SIDE, ROCK, RETURN, SIDE-CROSS-¼ RIGHT

- 9&10 Cross-step right behind left, step onto ball of left next to right, step right slightly side right
11&12 Cross-step behind right, step onto ball of right next to left, step left slightly side left
13-14 Rock-step onto right crossing behind left (body facing right diagonal), return onto left in place (crossed position)
15&16 Step right side right, step left side right crossing over and in front of right, step right into ¼ turn right

FORWARD, ¾ RIGHT, SIDE-BEHIND-¼ LEFT, FORWARD, ¾ LEFT, SIDE-BEHIND-¼ RIGHT

- 17-18 Step left forward, pivot ¾ turn right on ball of right foot (weight right. You can also pivot ½ and finish turn on count 20)
19&20 Step left side left (finish turn if needed -- facing starting wall), step right behind left, step left into a ¼ turn left
21-22 Step right forward, pivot ¾ turn left on ball of left foot (weight left. You can also pivot ½ and finish turn on count 23)
23&24 Step right side right (finish turn if needed -- facing starting wall), step left behind right, step right into a ¼ turn right

This 8-count pattern is a figure 8 and is somewhat similar to the pattern in the dance "Cruisin".

½ TURN, COASTER STEP, ¼ LEFT, FORWARD, ½ PIVOT, STEP-STEP, STEP-STEP

- 25 Step left forward into a ½ turn right, turning on ball of right foot, stepping back on left (weight stays on left)
26&27 Step back onto ball of right, step onto ball of left slightly back of right (ready to push forward), step right forward
28 Step left forward into ¼ turn left
29-30 Step right forward, ½ pivot left on ball of right stepping slightly forward onto left foot (you are facing your starting wall)
31&32& Step forward onto right foot, step forward onto left foot, step forward onto right foot, step forward onto left foot

After the ½ pivot, stepping forward on count 31 starts 4 quick steps forward

CROSS-BACK-HEEL, BACK-CROSS-BACK-HEEL, BACK-CROSS-BACK-HEEL (TWICE)

- 33&34 Cross-step right over left, step back on the left diagonal, touch right heel forward
&35&36 Step back on ball of right, cross-step left over right, step back on the right at right diagonal, touch left heel forward
&37&38 Step back on ball of left, cross-step over left, step back on the left at left diagonal, touch right heel forward
&39&40 Step back on ball of right, cross-step left over right, step back on the right at right diagonal, touch left heel forward

BALL-FORWARD ¼ LEFT SWAY RIGHT-LEFT-RIGHT-LEFT, ¼ LEFT SWAY RIGHT, LEFT, BEHIND, ½ TURN-SIDE

- &41 Step onto the ball of the left next to right, step right forward making a ¼ turn left swaying body right (keep left heel off floor)
- 42-43 Sway body to the left (lifting right heel off floor), sway body to the right (lifting left heel off floor)
- 44 Sway body to the left (lifting right heel off floor)
- 45-46 Step right forward into ¼ turn left swaying body right (lifting left heel off floor), sway body left as you step left side left
- 47&48 Step ball of right behind left, start ½ turn left stepping onto left, complete turn & step onto right side right (lift left foot off floor)

On your last sway to the left on count 46 be ready to "Give It Up". Counts 47&48 will continue your movement to the left, into the finishing turn and back to your home wall.

REPEAT
