

Gimme More

拍数: 64 墙数: 4 级数: Intermediate / Advanced
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音乐: Gimme More - Britney Spears : (CD single)



Intro: 32 counts

FORWARD WALKS x3, FORWARD TOUCH, RIGHT STEP BACK, BODY ROLLS x2

1-2 Step forward left, step forward right,
3-4- 5 Step forward left, touch forward right, step right back,
6&7 Body roll,
&8& Body roll.

RIGHT SIDE ROCK RECOVER, FULL TRIPLE TURN, LEFT SIDE ROCK RECOVER, 3/4 TRIPLE TURN

1-2 Rock right to right side, recover on to left,
3&4 Full triple turn left (over right shoulder) - stepping right, left, right,
5-6 Rock left to left side, recover on to right,
7&8 3/4 triple turn left - stepping left, right, left.

KICK 'N' POINTS x2, SIDE SWITCHES, KICK 'N' HITCH SWING

1&2 Kick right forward, step right beside left, touch left to left side,
3&4& Kick left forward, step left beside right, touch right to right side, step right beside left,
5&6 Touch left to left side, step left beside right, touch right to right side,
7&8 Kick right forward, hitch right, swing right back.

BODY ROLLS, CROSS, UNWIND 1/2 TURN, CHASSE LEFT

1-2 Body roll,
3-4 Body roll,
5-6 Cross right over left, unwind 1/2 turn over left shoulder,
7&8 Step left to left side, close right beside left, step left to left side.

SLIDE 'N' SHOULDER POPS, FUNKY WEAWE, 3/4 TRIPLE TURN

1 Sliding to the right pop right shoulder out to right side and slightly up,
2 Sliding to the left pop left shoulder out to left side and slightly up,
3-4 Sliding to the right pop right shoulder out to right side and slightly up, slide left beside right
dipping both knees slightly (keep weight on right),
5-6 Step left to left side, cross right behind left (bending right knee to dip down a bit),
7&8 3/4 triple turn left - stepping left, right, left.

RIGHT ROCK RECOVER, LEFT COASTER, SYNCOPATED TOE/HEEL JACKS

1-2 Rock forward right, recover weight onto left,
3&4 Step back right, step left beside right, step forward right,
5-6& Touch left toe forward, hold for count 6, step left beside right,
7-8 Touch right heel forward, step right beside left while touching left toe next to right instep.

STEP (x2), 1/4 PIVOT LEFT, STEP, 1/4 PIVOT LEFT, CROSS, UNWIND FULL TURN, LEFT LUNGE

1-2 Step forward left, step forward right,
3-4 Pivot 1/4 turn left, step forward right,
5-6 Pivot 1/4 turn left, cross right over left,
7-8 Unwind full turn left, lunge left (transfer of weight to a bent leg with right leg extended)

ARM STYLING:(Optional) Counts 6-7; count 6 place both palms together in a prayer position in front of chest, Count 7 as you unwind diagonally separate the palms to have right hand pointing to top right diagonal (above head height) and left hand pointing to bottom left diagonal (at waist height).

FUNKY DRAG, HEAD DROP, BACK UP, SHOULDER ROLLS

- 1-2-3 Gradually straighten up while dragging left beside right (both feet together),
- 4-5 Drop head/shoulders down clenching fists beside waist, return back up,
- 6-8 Roll right shoulder, roll left shoulder, roll right shoulder (leaving weight on right foot).

ARM STYLING: (Optional) Counts 1-3;

- count 1 place right palm above head, place left back hand below chin,
 - count 2 drag hands 1/4 clockwise round head so that right palm/left back hand are in line with ears.
 - count 3 punch left fist diagonally left (just above head height), right fist clenched (at waist height).
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