

Bare Gi Mig Et Smil (Give Me A Smile)

COPPER KNOB
STEP SHEETS

拍數: 48 牆數: 2 級數: Improver
編舞者: Gitte Plöger (DK) - September 2016
音樂: Gi' Mig Et Smil - Wafande



Intro: 9 sec after "Oooh yeeeh bare gi mig dit smil" - No Tags or Restarts

Sec 1: Diagonal Step fwd. Lock. Lock step diagonally fwd (Right & Left)

1 – 2 Step RF diagonally fwd Right. (1) Lock step LF behind Right (2)
3&4 Step RF diagonally fwd right. (3) Lock LF behind right. (&) Step RF diagonally fwd right (4)
5 – 6 Step LF diagonally fwd. (5) Left lock step RF behind left (6)
7&8 Step LF diagonally fwd. (7) Lock RF behind left (&) Step LF diagonally fwd left. (8)

Sec 2: Cross step back. Chasse Right. Cross step back. Shuffle 1/4 turn left

1 – 2 Cross step RF over Left. (1) Step back on LF (2)
3 & 4 Step RF to Right side. (3) Close LF beside Right. (&) Step RF to Right side. (4)
5-6 Cross step LF over Right. (5) Step back on Right (6)
7&8 Make 1/4 turn left & step LF fwd (7) step RF next to LF (&) step LF fwd(8)

Sec 3: R Heel Grind/ Rock. Recover. R Coasterstep. L Heel Grind / rock. Recover. L Coasterstep.

1 – 2 Rock fwd on R heel. (1) When recovering onto L, Grind R Heel from L to R. (2)
3 & 4 Step back on RF. (3) Step LF next to Right. (&) Step fwd on RF. (4)
5-6 Rock fwd on L Heel. (5) When recovering onto Right, Grind L heel from R to L(6)
7&8 Step back on LF. (7) Step RF to LF. (&) Step fwd on LF [9:00]

Sec 4: Monterey ¼ Turn Right X 2

1 – 2 Point RF to Right side. (1) Turn ¼ Right on LF stepping RF next to Left. (2) [12 : 00]
3 – 4 Point LF to Left side. (3) Step LF beside Right. (4) [12 : 00]
5 – 6 Point RF to Right side. (5) Turn ¼ on LF stepping RF next to Left (6) [3 : 00]
7 – 8 Point LF to Left side. (7) Step LF beside Right. (8) [3 : 00]

Sec 5: Side Together R rumba fwd. Side Together L rumba fwd.

1 – 2 Step RF to Right side. (1) Step LF next to Right. (2) [3 : 00]
3 & 4 Step RF to Right side. (3) Step LF next to Right. (&) Step fwd on Right. (4)
5 – 6 Step LF to Left side. (5) Step RF next to Left [3 : 00]
7 & 8 Step LF to Left side. (7) Step RF next to Left. (&) Step fwd on LF. (8)

Sec 6: Rock fwd on RF. R Coasterstep. Step LF fwd ¼ Turn Right. Touch RF beside Left. Step R to Right. Touch LF beside Right. R kneepopping.

1 – 2 Rock fwd on RF. (1) Rock back on LF. (2)
3 – 4 Step back on RF. (3) Step LF beside Right. (&) Step fwd on Right. (4)
5 – 6 Step fwd on LF. (5) 1/4 Turn Right and Touch RF beside Left (6) [6 : 00]
7 & 8 Step RF to Right side. (7) Touch LF beside Right. (&) and pop Right knee up.(8) [6:00]

Start again and have fun

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