

Gimme a Break!

拍數: 64 牆數: 2 級數: Improver
編舞者: David Griffiths (UK) - July 2018
音樂: It Never Rains in Southern California - Smokie



No tags, No Restarts.

Start dance on the word "board".

Rock back right, recover on left, right shuffle fwd, left fwd, touch right, shuffle to right

- 1-2 rock back on right, recover onto left (12.00)
- 3 & 4 forward right, close left next to right, forward right (12.00)
- 5-6 forward left, touch right next to left (12.00)
- 7 & 8 step right to right side, close left next to right, step right to right side (12.00)

Rock left across right, recover, shuffle ¼ left, left pivot turn 1/4, crossing shuffle to left

- 1-2 rock left across right (angled to 1.00 o'clock), recover back onto right (12.00)
- 3 & 4 step left to left side, close right next to left, step left to left side with ¼ turn to left (9.00)
- 5-6 step right forward, ¼ pivot turn to left, weight onto left (6.00)
- 7 & 8 step right across left foot, step left foot to left side, step right across left foot (6.00)

Left side, right recover, left behind, right side, cross left, right side, left recover, right behind, left side, cross right

- 1-2 small step left to left side, recover onto right (6.00)
- 3 & 4 left foot behind right, small step right to right side, cross left foot in front of right (6.00)
- 5-6 small step right to right side, recover onto left (6.00)
- 7 & 8 right foot behind left, small step left to left side, cross right foot in front of left (6.00)

Hinge ½ turning back to right, left shuffle forward, right fwd, touch left, shuffle to left

- 1-2 step left back turning ½ turn to right, step right forward (12.00)
- 3 & 4 forward left, close right next to right, forward left (12.00)
- 5-6 forward right, touch left next to left (12.00)
- 7 & 8 step left to left side, close right next to left, step left to left side (12.00)

Rock right across left, recover, shuffle ¼ right, right pivot turn 1/4, crossing shuffle to right

- 1-2 rock right across left (angled to 11.00 o'clock), recover back onto right (12.00)
- 3 & 4 step right to right side, close left next to right, step right to right side with ¼ turn to right (3.00)
- 5-6 step left forward, ¼ pivot turn to right, weight onto right (6.00)
- 7 & 8 step left across right foot, step right foot to right side, step left across right foot (6.00)

Right side, close left, right shuffle forward, left side, close right, left shuffle back

- 1-2 right side, close left next to right (6.00)
- 3 & 4 forward left, close right next to right, forward left (6.00)
- 5-6 left side, close right next to left (6.00)
- 7 & 8 back left, close right next to left, back left (6.00)

Right side, touch left, kick left and cross right over right, left side, touch right, kick right and cross left over right

- 1-2 right side, touch left next to right (6.00)
- 3 & 4 kick left to left diagonal, replace weight onto left, cross right in front of left (6.00)
- 5-6 left side, touch right next to left (6.00)
- 7 & 8 kick right to right diagonal, replace weight onto right, cross left in front of right (6.00)

Rock right fwd, recover on left, right coaster, rock left fwd, recover on right, left shuffle back

- 1-2 rock forward on recover back onto left (6.00)
- 3 & 4 step back on right, step back left next to right, step right forward (6.00)
- 5-6 rock forward on recover back onto left (6.00)
- 7 & 8 back left, close right next to left, back left.....

Start Again

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