

Gimme More

COPPER KNOB
BYEPOSTETS

拍數: 32 牆數: 2 級數: Novice
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音樂: Gimme More - Britney Spears



Déscriptif : sur le début du lyric ou 20 sec faire la danse jusqu'à la fin

[1-8] (KNEES IN KNEES OUT) WITH ARM MOVEMENT, RIGHT KICK, BEHIND SIDE CROSS, STEP LEFT TO SIDE, BOUNCE X 2 AND SNAP

- 1-2 Push knees in and cross hands on knees, Push knees out and untie our hands
- 3 RIGHT kick to right side
- 4&5 Cross RIGHT behind left, Step LEFT to left side, Cross RIGHT over left
- 6-7 Step LEFT to left side and bounce left heel, Bounce left heel (snap left finger)
- 8 LEFT kick Coup de pied GAUCHE à gauche

[9-16] BEHIND SIDE CROSS, STEP SIDE, ARM MOUVEMENT, RIGHT SHOULDER UP & DOWN, CROSS & HEEL

- 1&2 Cross LEFT behind right, Step RIGHT to right side, Cross LEFT over right {behind side cross}
- 3-4 Step RIGHT to right side and do a wave with right arms at left shoulder
- 5-6 Rise RIGHT shoulder, Down RIGHT shoulder
- 7&8 Cross RIGHT over left, Step LEFT to left side, RIGHT heel forward

[17-24] CAMEL WALK RIGHT AND LEFT {WITH ARMS} MAMBO STEP FORWARD, MAMBO STEP BACK, STEP 1/2 TURN

- 1 Step RIGHT forward and push LEFT knee forward (left arm on chest)
- 2 Step LEFT forward and push RIGHT knee forward (right arm on chest)
- 3&4 Step RIGHT forward, Recover weight on LEFT , Step RIGHT back {mambo step}
- 5&6 Step LEFT back, Recover weight on RIGHT, Step LEFT forward {mambo step}
- 7-8 Step RIGHT forward , Pivot 1/2 turn left [6H]

[25-32] SHUFFLE FORWARD, ROCK STEP FORWARD, BIG STEP BACK , STEP SLIDE, STEP BACK AND APPART

- 1&2 Step RIGHT forward, Step LEFT next to right, Step RIGHT forward {shuffle}
- 3-4 Step LEFT forward, Recover weight on RIGHT {rock step}
- 5-6 Big step LEFT back (push hands forward) , Slide RIGHT beside left
- 7-8 Step RIGHT back to right side, Step LEFT to left side

GIMME MORE !!!!!!!

Les références des heures ne valent que sur le premier mur

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