

Give It Up

拍數: 32 牆數: 4 級數: Improver
編舞者: Lisa McCammon (USA) - February 2021
音樂: Give It Up - Suzy V : (Album: Pages Full Of Thoughts)



#8 count intro

Alt. music:-

Country: Down To One by Luke Bryan; CD Here's To The Good Times; 86 bpm

R&B: Shoulda Known Better by Case; CD The Rose Experience; 94 bpm

Clockwise rotation; start weight on L

WIZARD R, WIZARD L; STEP, BOUNCE-BOUNCE-BOUNCE, CROSS ROCK-RECOVER-SIDE

1, 2& Step forward R, lock L, step forward R
3, 4& Step forward L, lock R, step forward L
5 Smallish step forward R (weight even on balls of feet)
6&7 Bounce heels 3X whilst turning left $\frac{1}{4}$ [9], ending weight on L (over-rotate slightly)
8&1 Cross rock R, recover L, step R to side (now squared to wall)

BACK ROCK-RECOVER-POINT; BACK ROCK-RECOVER-SIDE, "TOASTER" $\frac{1}{4}$, STEP-TURN-CROSS

2&3 Rock back onto L, recover R, POINT L to side
4&5 Rock back onto L, recover R, STEP L to side (hint: stomp on 5 while you're learning to make sure you change your weight)
6&7 (turning coaster) Turn right $\frac{1}{4}$ [12] stepping back L, close L, step R forward (let it flow)
8&1 Step forward L, turn right $\frac{1}{4}$ [3] onto R, cross L (this is your new wall)

SWAY R, RECOVER, BEHIND-SIDE-CROSS, OUT-IN-OUT, COASTER

2-3 Step R to side swaying onto R, recover onto L (momentum left)
4&5 Step R behind, step L to side, cross R (hint: bend R knee slightly so you keep weight on it)
6&7 Point L toes out, touch L toes home, point L toes out (weight stays right)
8&1 Step back L, close R, step forward L

ROCK, RECOVER (SWEEP R) BACK-&-BACK (SWEEP L), BACK-&-BACK, BACK-CLOSE

2-3 Rock forward R, recover L, sweeping R back
4&5 Step back R, step L ball home, step back R (styling option: "pony" back, lifting knees slightly)
6&7 Step back L, step R ball home, step back L (styling option as above)
8& Step back R, close L

OPTIONAL ENDING: The last repetition starts facing the front wall. Dance through counts 4&5 of the third set (behind-side-cross).

Weight is on your right, and you're facing 3:00.

6-7 Step L to side swaying L, sway/recover onto R
8&1 Step L behind, step R to side, cross L

As music slows and fades, unwind over right shoulder to face the front.

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