

Gimme A Beat

拍數: 32 牆數: 4 級數:
編舞者: Peter Metelnick (UK)
音樂: Got the Feelin' - Five



Start on 17th beat of "Unlimited Megajam"

RIGHT KICK BALL TOUCH, LEFT KICK BALL TOUCH, RIGHT KICK-HOP-STEP, APPLE JACKS LEFT & RIGHT

- 1&2 Kick right foot forward, step right foot together, touch left toes to left side
3&4 Kick left foot forward, step left foot together, touch right toes to right side
5&6 Kick right foot forward, step right foot to right side, step left foot together
&7 With weight on left heel & right toes: turn left toes and right heel left, turn left toes and right heel back to center
&8 With weight on right heel & left toes: turn right toes and left heel right, turn right toes and left heel back to center (shift weight back to left foot)

RIGHT CROSS & UNWIND $\frac{3}{4}$ LEFT, RIGHT FORWARD SHUFFLE, LEFT TOE BACK, RIGHT HEEL FORWARD, LEFT SCUFF-HITCH-TURN $\frac{1}{4}$ LEFT

- 1-2 Cross step right foot over left, unwind $\frac{3}{4}$ left (weight ends on left foot/now facing right side wall)
3&4 Step right foot forward, step left foot together, step right foot forward
5& Tap left toes back, step left foot together
6& Touch right heel forward, step right foot together
7&8 Scuff left foot forward, keep raising left leg up into a left hitch & start to turn $\frac{1}{4}$ left on right foot, complete $\frac{1}{4}$ left turn on right foot with left knee up (now facing front wall)

VINE LEFT 2, DRAG LEFT, RIGHT SIDE ROCK & RECOVER, RIGHT SAILOR SHUFFLE

- 1-2 Step left foot to left side, cross step right foot behind left
3&4 Step left foot to left side, cross step right foot behind left, step left foot to left side
5-6 Step right foot to right side and rock, recover weight on left foot
7&8 Cross step right foot behind left, step left foot to left side, step right foot to the right

$\frac{1}{4}$ LEFT & LEFT COASTER STEP BACK, RIGHT FORWARD, $\frac{1}{2}$ LEFT PIVOT TURN, FORWARD FULL SPIN TURNING LEFT, SYNCOPATED RIGHT FORWARD & BACK ROCK STEPS

- 1&2 Turn $\frac{1}{4}$ left on right foot and step left foot back, step right foot together, step left foot forward (now facing left side wall)
3-4 Step right foot forward, pivot $\frac{1}{2}$ left (now facing right side wall)
5-6 Step right foot forward turning $\frac{1}{2}$ left, while pivoting $\frac{1}{2}$ left on right foot step left foot forward (will complete a full turn/end facing right side wall)
7&8 Rock step right foot forward, recover weight on left foot, touch right toes together

Easy alternate steps for 7&8

- 7 Step right foot forward
8 Step left foot together

REPEAT