

Gimme A Break

拍數: 56 牆數: 4 級數:
編舞者: Peter Metelnick (UK)
音樂: That Don't Impress Me Much - Shania Twain



See the note at the end of the dance to hit the breaks. It may look like serious work on paper, but on the floor it's a lot of fun!

RIGHT HEEL GRIND, RIGHT BACK, LEFT FORWARD, HOLD, JAZZ BOX

- 1-2 Touch right heel forward, turn right toes to the right (weight remains on left foot)
&3-4 Step right foot back, step left foot slightly forward, hold (weight is on left foot)
5-8 Cross step right foot over left, step left foot back, step right foot to right side, step left foot together

RIGHT HEEL GRIND TURNING ¼ RIGHT, BALL CROSS SHUFFLE, RIGHT SIDE ROCK & RECOVER, RIGHT TOGETHER, LEFT TO LEFT SIDE

- 9-10 Touch right heel forward, turn right toes turn to the right ¼ while pivoting on left foot (now facing right side wall, weight is on left foot)
&11&12 Step right foot back, cross step left foot over right, step right foot to right side, cross step left foot over right
13-14 Rock step right foot to right side, recover weight on left foot
&15-16 Step right foot together, step left foot to left side, hold

RIGHT TOGETHER, ¼ LEFT & LEFT FORWARD SHUFFLE, RIGHT FORWARD, ½ LEFT, WALK FORWARD 4

- &17&18 Step right foot together, turning ¼ left step left foot forward, step right foot together, step left foot forward
19-20 Step right foot forward, pivot ½ left (now facing back wall)
21-24 Step right foot forward, step left foot forward, step right foot forward, step left foot forward

ROCK RIGHT FORWARD AND RECOVER, RIGHT BACK COASTER STEP, LEFT ROCK FORWARD AND RECOVER, LEFT BACK COASTER STEP

- 25-26 Rock step right foot forward, recover weight on left foot
27&28 Step right foot back, step left foot together, step right foot forward
29-30 Rock step left foot forward, recover weight on right foot
31&32 Step left foot back, step right foot together, step left foot forward

RIGHT TOUCH TURN MAKING FULL TURN LEFT, CROSS ROCK & RECOVER, RIGHT COASTER STEP BACK

- 33&34& Touch right foot forward, hitch right knee up while pivoting ¼ left on left foot, touch right foot forward, hitch right knee up while pivoting ¼ left on left foot
35&36& Touch right foot forward, hitch right knee up while pivoting ¼ left on left foot, touch right foot forward, complete full turn left (end facing back wall)
37-38 Cross rock right foot over left, recover weight on left foot
39&40 Step right foot back, step left foot together, step right foot forward

LEFT TOUCH TURN MAKING ¾ TURN RIGHT, CROSS ROCK AND RECOVER, LEFT COASTER STEP

- 41&42& Touch left foot forward, hitch left knee up while pivoting slightly right on right foot, touch left foot forward, hitch right knee up while pivoting slightly right on right foot
43&44& Repeat 41&42& to complete a ¾ turn right (now facing right side wall)
45-46 Cross rock left foot over, recover weight on right foot
47&48 Step left foot back, step right foot together, step left foot forward

RIGHT FORWARD, ½ LEFT PIVOT TURN, ½ LEFT TURNING SHUFFLE, LEFT ROCK BACK AND RECOVER, LEFT FORWARD SHUFFLE

- 49-50 Step right foot forward, pivot ½ left
51&52 Turning ½ left step right foot back, step left foot together, step right foot back
53-54 Rock step back on left foot, recover weight on right foot
55&56 Step left foot forward, step right foot together, step left foot forward

REPEAT

You will need to add a 16 count tag during the instrumental in the song (end of the 4th rotation) to keep the dance phrased properly. You get a vocal cue from Shania who says "yeah" just before you add the following 16 counts:

YEAH! 16 COUNT INTERLUDE

WALK FORWARD 2, RIGHT COASTER STEP FORWARD, WALK BACK 2, LEFT COASTER STEP BACK

- 1-2 Step right foot forward, step left foot forward
3&4 Step right foot forward, step left foot together, step right foot back
5-6 Step left foot back, step right foot back
7&8 Step left foot back, step right foot together, step left foot forward

SIDE ROCKS AND SAILOR STEPS

- 9-10 Rock step right foot to right side, recover weight on left foot
11&12 Cross step right foot behind left, step left foot to left side, step right foot slightly forward
13-14 Rock step left foot to left side, recover weight on right foot
15&16 Cross step left foot behind right, step right foot to right side, step left foot slightly forward

OPTIONAL BREAKS:

Note that the following steps are optional. If you want to dance through the breaks, feel free

The phrasing of the song is:

Verse (break), Chorus (with a break inside)

Verse (break), Chorus (with a break inside)

Instrumental

Verse (break), Chorus repeated with no breaks until the end

If you want the dance to fit the breaks in the music, you will need to make slight variations in the steps. Each verse ends with a break on the last 8 counts of the dance (counts 49-56) with Shania talking. To hit the break replace steps 49-56 with:

HOLD! GIMME A BREAK! #1

- &49 Hop right foot forward, step left foot together
50-56 Hold with weight on left foot. Shania will be talking. For fun, yell along with her
1st time she says "okay, so you're a rocket scientist" (facing right side wall)
2nd time she says "okay, so you're Brad Pitt" (facing left side wall)
3rd time she says "okay so you've got a car" (facing right side wall)

Then restart the dance from the beginning right after she says the words "That Don't". You will start on the word "impress"

During the choruses there is another break you may want to hit which comes right after the touch turn left on counts 37-40. You would normally do the right cross rock & right coaster step back at this point, but you can substitute:

GIMME A BREAK! #2

- 37-40 Stomp right foot forward, hold with weight on left foot

Then continue the dance with count 41
