

Gimme A Break!

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Roy Hadisubroto (NL)
音樂: In These Shoes? - Kirsty MacColl



When dancing to "In These Shoes", start the dance immediately at the beginning of the beat
1st Place European Country Western Dance Championships 2001

TOUCH, RONDE, CROSS, (¼ TURN RIGHT) SHUFFLE FORWARD, PUSH TURN ½, TOUCH, OUT, OUT

- 1 Right touch forward.
- 2 Right draw ½ circle to the back (shift weight on right)
- 3 Left cross over right.
- 4&5 Step right ¼ to right, left step just behind right, right step forward.
- 6-7 Left step forward, push turn ½ to the right
- 8&1 Touch left beside right, step left to left side, step right to right side

BEND, STRAIGHTEN & TOUCH, BEND, STRAIGHTEN & TOUCH, STEP & CROSS 3X

- 2 Bend both knees (weight on right)
- 3 Straighten both legs (weight still on right) and touch left diagonally left forward
- 4 (Set left back to place/same position as 2 this section) bend both knees (weight on left)
- 5 Straighten both legs (weight still on left) and touch right diagonally right forward
- 6&7 Right step to right side, left cross behind right, right step to right side
- &8& Left cross behind right, right step to right side, left cross behind right

SIDE, ROCK STEP, TOUCH, STEP, CROSS, BEND, UNWIND, STRAIGHTEN, BEND, TURN

- 1-2 Right step to right side, left rock forward.
- 3-4 Recover on right, touch left next to right
- &5 Step left to left side, cross right over left
- 6&7 Bend both knees, unwind both feet ½ to left, straighten both legs
- 8& Bend both knees, turn both feet ¼ to right (shift weight to left)

If you want to do more styling, you may pump up your upper body during the bend/straightening movements

STRAIGHTEN, WALK 2X, STEP, SLIDE, HIP BUMPS 3X

- 1 Push left hip back while straightening both legs (weight still on left)
- 2-3 Right step forward, left step forward
- 4-5 Right take a wide step to the right, drag left next to right (shift weight to left)
- 6-7 Push left hip to left, push right hip to right
- 8 Push left hip to left

Arm movements (only this last section) on counts 4-8: Stretch both arms up above your head, left hand palm on the back of right hand

REPEAT

FINISH

At the end of the music (at the end of the last vanilla) add one more hip bump to the right.