

Gimme Little Bit

拍數: 32 牆數: 4 級數: Beginner
編舞者: Vicki E. Rader (USA)
音樂: Shortenin' Bread - The Tractors



KICK-BALL-CHANGE, KICK-BALL-CHANGE, TOE-HEEL, TOE-HEEL

1&2 Kick right foot forward and step slightly back on ball of right; step left home
3&4 Kick right foot forward and step slightly back on ball of right; step left home
5-6 Step forward on toe of right; drop right heel
7-8 Step forward on toe of left; drop left heel

SHUFFLE BACK RIGHT-LEFT-RIGHT, LEFT-RIGHT-LEFT, ROCK-STEP, STEP-PIVOT ½

9&10 Shuffle back (right-left-right)
11&12 Shuffle back (left-right-left)
13-14 Rock back on right foot; step forward on left foot
15-16 Step forward on right foot; pivot ½ left

GRAPEVINE RIGHT, TOUCH LEFT, GRAPEVINE LEFT, FEET TOGETHER

17-18 Step right foot to right; step left behind right
19-20 Step right foot to right; touch left next to right
21-22 Step left foot to left; step right behind left
23-24 Step left foot to left; step right next to left (weight on both feet)

TWIST HEELS, TURN ¼, ROCK FORWARD-BACK-BACK-FORWARD, STOMP-STOMP

25-26 Twist both heels 1/8 turn to left; twist both heels 3/8 turn right, turning body ¼ turn left (now facing 9:00)
27-28 Rock forward on right foot; rock back onto left foot
29-30 Rock back on right foot; rock forward on left foot
31-32 Stomp right foot twice

REPEAT
