

Gimme Pain

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Jessie Fellows (UK)
音樂: Ordinary Pain (Inorants Remix) - Nina Jayne



TOE SWITCHES, & CROSS POINT, HEEL BOUNCES, BODY POPS

1&2& Point right to right, close right, point left to left, close left
3-4 Cross right over left, point left to left
5-6 Bounce left heel, bounce left heel
7&8 Pop body forward, pop body back, pop body forward

& WALK, WALK, SIDE SCISSOR CROSS, SIDE ROCK, LEFT SAILOR STEP

&1-2 Close left, walk forward right, walk forward left
3&4 Rock right to right, close left, cross right over left
5-6 Rock left to left, recover right
7&8 Cross left behind right, step right to right, step left to left

½ PIVOT TURN, TRIPLE FULL TURN, ROCK AND CROSS AND CROSS, SIDE CLOSE KICK

1-2 Step right forward, pivot ½ left
3&4 Make ½ left stepping right back, make ½ left stepping left forward, step right forward
5&6& Rock left to left, recover right, cross left over right, step right to right
7&8 Cross left over right, step right to right, close left pushing right foot to right into a kick

RIGHT SAILOR STEP, LEFT SAILOR STEP, BEHIND AND BEHIND SIDE, ROCK RECOVER SCUFF HITCH

1&2 Cross right behind left, step left to left, step right to right
3&4 Cross left behind right, step right to right, step left to left
5&6& Cross right behind left, step left to left, cross right behind left, step left to left
7&8& Rock right to right, recover left, scuff right forward, hitch right knee

REPEAT

RESTART

On wall 6 (facing back wall) dance the first 6 counts then restart the dance from the first step