

Give It Up

拍數: 80 牆數: 2 級數: Intermediate
編舞者: Liam Hrycan (UK)
音樂: Give It Up or Let Me Go - The Chicks



- 1 Cross left foot over right foot
- 2 Step right foot to right side
- 3 Cross left foot behind right foot
- 4 Step right foot to right side
- 5 Cross left foot over right foot
- 6 Touch right toe out to right side
- 7 Cross right foot over left foot
- 8 Unwind a ½ turn left (weight ends up on right foot)

- 9-16 Repeat steps 1-8

- 17 Cross left foot over right foot
- 18 Hold position and clap hands
- 19 Step right foot to right side
- 20 Hold position and clap hands
- 21-23 Cross left foot behind right foot, step right foot to right side, step left foot in place
- 24 Scuff right foot forward
- 25 Cross right foot over left foot
- 26 Hold position and clap hands
- 27 Step left foot to left side
- 28 Hold position and clap hands
- 29-31 Cross right foot behind left foot, step left foot to left side, step right foot in place
- 32 Scuff left foot forward

- 33-36 Jazz box with a ¼ turn left, scuff right foot forward

- 37-40 Jazz box on the spot, scuff left foot forward (or stomp with slower music)

- 41 Step left foot forward
- 42 Pivot ½ turn right
- 43 Step left foot forward
- 44 Pivot ½ turn right
- 45 Stomp left foot forward
- 46 Touch right toe beside left foot
- 47 Touch right toe out to right side
- 48 Touch right toe beside left foot

- 49-52 Jazz box with a ¼ turn right, scuff left foot forward

- 53-56 Jazz box on the spot, scuff right foot forward (or stomp with slower music)

- 57 Step right foot forward
- 58 Pivot ½ turn left
- 59 Step right foot forward
- 60 Pivot ½ turn left
- 61 Stomp right foot forward

62 Touch left toe beside right foot

63 Touch left toe out to left side

64 Touch left toe beside right foot

Add bounce to steps 65-80

65 Cross rock left foot over right foot

66 Recover back onto right foot

67 Step left foot a $\frac{1}{4}$ turn left to left side

68 Hold position and clap hands

69 Step right foot forward

70 Pivot $\frac{1}{2}$ turn left

71 Stomp right foot forward

72 Stomp left foot forward

73 Cross rock right foot over left foot

74 Recover back onto left foot

75 Step right foot a $\frac{1}{4}$ turn right to right side

76 Hold position and clap hands

77 Step left foot forward

78 Pivot $\frac{1}{2}$ turn right

79 Step left foot forward

80 Pivot $\frac{1}{4}$ turn right (weight ends on right foot)

REPEAT
