

Givin' It Up

拍數: 48 牆數: 4 級數:
編舞者: Johnny Montana (USA)
音樂: Givin' It Up for Your Love - Delbert McClinton



HEEL JACK, HOLD, HEEL JACK, HOLD

- &1-2 Step back onto right, touch left heel forward, hold for one beat
&3-4 Step back onto left, touch right heel forward, hold for one beat, jazz jumps (syncopated steps out, out, in in)
&5 Step onto sole of right out to right side, step onto sole of left out to left side directly across from right
&6 Step onto sole of right in home position, step onto sole of left in home position
&7 Step onto sole of right out to right side, step onto sole of left out to left side directly across from right
&8 Step onto sole of right in home position, step onto left in home position

HEEL JACK, HOLD, HEEL JACK, HOLD

- 9-12 Repeat &1-4, jazz jumps (syncopated steps out, out, in, in)
&13-16 Repeat &5-16, chasse right diagonal (electric slide steps)
These steps take you in a diagonal direction, however, turn your body 1/8 turn to left so that you are actually going sideways
17& Make a 1/8 turn to left (to the left) and step onto right to right side, slide left next to right
18& Step onto right to right side, slide left next to right
19-20 Step onto right to right side, touch left toe next to right in home position and clap

CHASSE LEFT DIAGONAL (ELECTRIC SIDE STEPS)

These steps take you in a diagonal direction, .However, turn your body ¼ turn to right so that you are actually going sideways

- 21& Make a ¼ turn to right (to the right) and step onto left to left side, slide right next to left
22& Step onto left foot to left side, slide right next to left
23-24 Step onto left to left side and pivot 1/8 turn to left (to the left), touch right toe next to left and clap

You are now facing the LOD

FLEA HOP RIGHT, TOUCH, HEEL JACK, TOGETHER

- &25-26 Hitch right knee and scoot to right side on left, make a long step to right side onto right, touch left toe next to right
&27&28 Step back onto left, touch right heel forward, step onto right in home position, touch left toe next to right

FLEA HOP LEFT, TOUCH, HEEL JACK, TOGETHER

- &29-30 Hitch left knee and scoot to left side on right, make a long step to left side onto left, touch right toe next to left
&31&32 Step back onto right, touch left heel forward, step onto left in home position, touch right toe next to left

STEP/TURNS WITH HIP CIRCLES (COMPLETE A ¾ TURN)

3/16 is used as a number to break the ¾ turn into 4 equal parts, the actual steps don't have to be that precise, likewise for the clock times

- 33-34 Step forward onto sole of right, pivoting on soles of both feet make a 3/16 turn (10:00) to left (circle hips out to right in a rotation to the left) and transfer weight to left
35-36 Step forward onto sole of right, pivoting on soles of both feet make a 3/16 turn (8:00) to left (to the left) (circle hips out to right in a rotation to the left) and transfer weight to left

- 37-38 Step forward onto sole of right, pivoting on soles of both feet make a 3/16 turn (6:00) to left (to the left) (circle hips out to right in a rotation to the left) and transfer weight to left
- 39-40 Step forward onto sole of right, pivoting on soles of both feet make a 3/16 turn (3:00) to left (to the left) (circle hips out to right in a rotation to the left) and transfer weight to left, walk forward, stamp
- 41-44 Walk forward right, left right, stamp left forward, (stamp is a weight change stomp)

SKIP BACKWARDS

- &45 Lift right knee and scoot back on left, step down onto right
- &46 Lift left knee and scoot back on right, step down onto left
- &47 Lift right knee and scoot back on left, step down onto right
- &48 Lift left knee and scoot back on right, step down onto left

REPEAT
