

Gimme

拍數: 32 牆數: 2 級數: Advanced
編舞者: Mikael Mölsä (FIN) - October 2007
音樂: Gimme More - Britney Spears : (CD: Blackout)



Starting point: On the vocals that start about 0:20 secs.

OUT-OUT, CHEST PUMP, SIDE STEP, CHEST PUMP, STEP, 1/2 RIGHT TURNING STEP

- 1-2 Step right out to side, step left out to side (feet are shoulder wide apart)
- &3 Pump your chest forward, bring your chest back
- &4 Step left next to right, step right to side
- &5 Pump your chest forward, bring your chest back
- &6 Step weight to left, step right forward
- 7-8 Step left forward, turn 1/2 to right while stepping right back (weight ends up on right)

Arm movements: On count 1 raise your right hand in front of your chest (90 degree angle, hand in a fist, palm facing upwards) and on count 2 raise your left hand. Keep them up until count 5 has passed (the second chest pump).

HIP BUMPS, KNEE LEFT, HIP BUMPS, KNEE LIFT, BEHIND, 1/4 TURN, SIDE, HOLD

- 1&2& Bump hips left-right-left-right
- 3 Lift your left knee, roll it outwards (all this on count 3)
- 4& Step left back while bumping hips to left, bump hips right
- 5 While transferring weight to left, lift your right knee, roll it outwards (all this on count 5)
- 6&7 Step right behind left, turn 1/4 to left and step left forward, step right to side
- 8 Hold

Option: During chorus (or if you feel like it) strike a pose on count 8. Just reach your right arm up as if you're trying to reach for something and look up at the same time.

STEP ACROSS WITH HANDS, HOLD, 1/2 TURN, BRUSHES, TAPS WITH KNOCKING, SLIDE

- 1-2 Step right across left, hold
- 3 Turn 1/2 to left (weight ends up on right)
- 4-5 With your right arm brush your left shoulder, with your left arm brush your right shoulder
- 6-7 Tap left next to right, tap left further out to left diagonal
- 8 Take a big step to the left with your left foot (weight ends up on left)

Arm movements:

- 1-2: On count 1 spread your hands to the sides so that your left hand is facing up from the elbow and your right hand is facing down from the elbow. On count 2 lower your left hand and raise your right hand.
- 3: Bring your hands back and cross your hands in front of your chest.
- 6-7: As you are tapping on counts 6-7 bang air with your right hand as if you were banging on a door.
- 8: As optional, you can spread your hand from front to sides while doing the slide. This is optional.

SAILOR STEP, HOLD, 3/4 UNWIND TO LEFT, 1/2 RIGHT TURNING PIVOT, STEP FORWARD

- 1&2 Step right behind left, step left next to right, step right to right diagonal
- &3 Touch left toe behind right, hold (or strike a pose)
- 4&5 Unwind 3/4 to the left, step right to side, step left to side
- 6& Step right next to left, step left forward
- 7-8 Turn 1/2 to right, step left forward

REPEAT

