

Gimme Hope

COPPER KNOB
BY STEPHEN METZ

拍數: 32 牆數: 4 級數: Beginner
編舞者: Sue Smyth (UK) - June 2011
音樂: Gimme Hope Jo'Anna - Dr. Victor & The Rasta Rebels



32 Count Intro

SEC 1: RIGHT ROCK FWD, RIGHT SHUFFLE BACK

1-2 Rock Fwd On Right, Recover On Left
3&4 Shuffle Back On R L R
5-6 Rock Back On Left, Recover On Right
7&8 Shuffle Fwd On L R L

SEC 2: RIGHT SIDE ROCK ,BEHIND SIDE CROSS,LEFT SIDE ROCK,SAILOR ¼ TURN RIGHT

1-2 Rock Right To Right Side, Recover On Left
3&4 Cross Right Behind Left, Step Left To Left Side, Cross Right Over Left
5-6 Rock Left To Left Side, Recover On Right
7&8 Step Left Behind Right, Step ¼ Turn Right On Right, Step Fwd On Left (3 O'clock)

SEC 3: POINT CROSS BOUNCE UNWIND ½ TURN X2

1-2 Point Right To Right Side, Cross Right Over Left
&3&4 Bounce ¼ Turn Left X2, Making ½ Turn, Keep Weight On Left, (Facing 9 O'clock)
5-6 Point Right To Right Side, Cross Right Over Left
&7&8 Bounce ¼ Turn Left X2, Making ½ Turn Left, Keep Weight On Left, (Facing 3 O'clock)

SEC 4: RIGHT ROCK BACK, RIGHT SHUFFLE FWD, ½ TURN RIGHT, LEFT SHUFFLE FWD

1-2 Rock Back On Right, Recover On Left
3&4 Shuffle Fwd R L R
5-6 Step Fwd On Left ½ Turn Right Stepping On Right
7&8 Shuffle Fwd L R L

No Tags, No Restarts Just Enjoy
