

Gimmie Gimmie

COPPERKNOB
STEPSHEETS

拍數: 64
牆數: 4
編舞者: Rebecca Lee (MY) - March 2012
音樂: Gimmie Gimmie - Beenie Man

級數: Phrased Intermediate / Advanced



Sequence: Start after 32 counts from first beat of the music - A,B,B,A,B,B,A,B,A,A,B

Part A – 32 counts

A1: Knee Knock (wiggles knee), Body Roll R,L

1&2&3&4 Step R forward with both knee knock in and out, (repeat for L side)

5,6 Step R body roll R, Touch L in place

7,8 Step L body roll L, Touch R in place

(*Options: knee wiggles = walk R,L,R,L forward)

A2: Diagonal Hip Rock R, Pivot ½ turn L, Shimmy

1,2,3,4 Step R forward diagonal R with hip rock forward, back, forward, back

5,6 Step R forward, ½ pivot L (Quick) step R to R side

7,8 Side Body Roll from R to L (alternative :Shimmy Shoulder/Hip Roll)

A3: Paddle ½ turn L, Hip Bump R/L

1,2 Step R forward ¼ turn L (both hand up to 90' flip out), Hip Drop to Sit Position (both hand flip down near hip)

3,4 Step R forward ¼ turn L (both hand up to 90' flip out), Hip Drop to Sit Position (both hand flip down near hip)

5,6 C Hip bump R (R hand swing up, R hand swing down)

7,8 C Hip bump L (L hand swing up, L hand swing down) like drawing a big C

A4: Out,Out, In, In, Bounce, Hip Bump Clockwise

1,2 Step R forward diagonal R, Step L forward diagonal L

3,4 Step R back, Step L beside R

5&6& Jump R/L apart, tap both heel

(*arm movement: shake the wrist forward twice, tap the shoulder twice)

7&8 Hip hit to R, Back, L side

Part B – 32 counts

B1: Walk R,L, Scuff R,Hop, Sailor R, Step, Unwind ¾ L

1,2 Walk R, L

3&4 Scuff R, Step R to R side, Step L to L

5&6 Step R behind L, Step L to L Side, Step R to R side

7,8 Cross L behind R, unwind ¾ turn L (sharp)

B2: R Shoulder Push, L Shoulder Push, R Lunge, Hold, R Ball Change, ½ turn R, R sweep

1&2 Step R forward with shoulder R push up down up

3&4 Step L forward with shoulder L push up down up

5,6 Lunge R forward, Hold

&78 Step R beside L, Step L forward, ½ R with R Sweep

B3: Vine R, Step,Touch,Step, Touch, Out,Out

1&2 Step R behind L, Step L to L Side, Cross R Over L

3,4 Step L to L Side, Touch R beside L

5,6 Step R to R side, Touch L beside R

7,8 Step L forward diagonal L, Step R forward diagonal R

B4: Kick Ball Step L, hip Bump R,L Flick R, Pivot ½ Rx2

1&2 Kick L forward, Step On L, Touch R forward (into a sitting position)

3&4 Hip bump R, Recover hip L, Flick R ¼ turn L

5,6 Step R forward, ½ turn L

7,8 Step R forward, ½ turn L

Enjoy

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