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| Gyrate |  |

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| **Count:** | 64 | **Wall:** | 4 | **Level:** | Advanced Hip Hop | . |
| **Choreographer:** | Adam Berman (USA), Roberto Corporan (USA) & Amy Spencer (USA) - October 2007 |
| **Music:** | Gyrate (feat. Mr. Collipark) - Da Muzicianz : (CD: Da Muzicianz) |
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**Count in: 32 Count from start of track**

**Notes: See bottom of step description**

**KICK STEP X2, KICK CROSS BACK STEP - REPEAT**

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| &1&2 | Kick fwd on R, step in place with R, Kick fwd on L, step in place with L |

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| &3&4 | Kick fwd on R, make 1/4 turn R cross R over L, step back on L, step fwd on R (3:00) |

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| &5&6 | Kick fwd on L, step in place with L, kick fwd on R, step in place with R |

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| &7&8 | Kick fwd on L, make 1/4 turn L cross L over R, step back on R, step fwd on L (12:00) |

**ROCK & CROSS X2, MASH POTATO BACK**

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| 1&2 | Cross rock R over L, recover on L, step R next to L |

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| 3&4 | Cross rock L behind R, recover on R, step L next to R |

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| 5-8 | Mash potato travelling back (weight ends on L) |

**KICK AND ROCK RECOVER, STEP CLOSE, KNEE ROLL IN OUT, BUTTERFLY ROLL IN OUT**

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| 1&2& | Kick fwd on R, step down on R, rock back on L, recover on R |

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| 3-4 | Step fwd on L, step R to right side |

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| 5-6 | Roll L knee in, roll L knee out (weight on L) L hand following the motion of the L leg. |

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| 7-8 | Roll both knees in, roll both knees out (weight on L) Both hands following the motion of the legs. |

**COASTER STEP, STEP SIDE, TOGETHER, KNEES OPEN THEN SHUT, & SIDE**

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| 1&2 | Step back on R, step L next to R, step fwd on R |

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| 3-4 | Step fwd on L, long step R to R side |

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| 5&6 | Step L next to R while raising R fist to chest (5), open both knees while opening R fist (&), close both knees while closing R fist (6), |

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| &7 | step L to L side, step R next to L |

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| 8& | Clap hands, clap hands (keep palms of both hands together) |

**THE HANDS BIT -**

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| 1&2 | 1) Slide the R fingers down & turn so that the back of the R hand is now touching the L palm – R fingers are pointing down & the R elbow is jutting out to the R side, &) still touching drop the R elbow – L fingers are now pointing down & L elbow is jutting out, 2) with the back of R hand push & turn R so the R palm is now facing L as you move the hands to the R hip – R fingers facing down & L fingers facing up |

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| &3&4 | &) Move the hands to the L hip, 3) bring up the L elbow – R fingers pointing up with R palm facing L & L elbow jutting out, &) push L down turning the R palm to face R – R fingers pointing down4) revert back to previous position |

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| 5&6 | 5) Move the hands to the R side, &) drop the L elbow – R fingers are pointing down & R palm facing L, 6) bring L elbow up – back to the position in 5 |

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| &7-8 | &) slide R fingers to L elbow to form a rectangle shape, 7) slide R fingers back to L palm, 8) push L down turning the R palm to face R – R fingers pointing down & elbow jutting out |

**MORE HANDS, KICK, BEHIND, SIDE**

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| 1-2 | 1) Pushing with L palm to turn back of R hand so R palm is facing L & slide the R fingers to L elbow – L fingers pointing down & creating a rectangle shape, 2) slide both hands to meet in the middle with L palm on top of back of R hand and R elbow slightly higher than L |

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| 3-4 | 3) Raise the R hand to R diagonal, 4) bring down R palm to back of L hand pushing them down |

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| 5&6 | 5) Pull out L hand & place on top of R hand, &) pull out R hand & place on top of L, 6) pull out L hand & place on top of R hand while kicking R to R side |

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| 7-8 | Step R behind L, step L to L diagonal (10.30) |

**BRUSH X2, LOCK BEHIND, FULL TURN, SHAKE OR GYRATE**

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| 1-2 | Brush R fwd, brush R back (10:30) |

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| 3-4 | Step R behind L, make a full unwind R |

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| 5&6&7&8 | Jump back slightly L to L side & R to R side, shake till count 8 |

**AND HEEL GRIND X2, HEEL GRIND, APPLE JACKS TURNING**

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| &1&2 | Squaring up to front wall step L next to R, R heel grind fwd, step R next to L, L heel grind fwd |

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| &3-4 | Step L next to R, R heel grind fwd, R heel grind again |

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| &5&6&7&8 | Applejacks (open on & return to closed on downbeat), Right (&5), Left (&6), Right (&7), Left (&8) whilst making a 1/4 turn left (9:00) |

**Notes: Dance description written by Rachael McEnaney and Kenny Tan (thanks for your patience Kenny!)**

**Please do not try and interpret the dance without having seen it taught or danced due to the arm movements which are difficult to put into a step sheet.**

**There is a video on YouTube of Rachael teaching it at: http://www.youtube.com/watch?v=SJUqnQaH8N8 or type in “Rachael Gyrate” in the search box.**

**Any questions please contact either Rachael at Rachael@dancepizazz.com**

**or Amy Spencer at ASpencer@chartone.com.**