Baby Give It Up

Count: 64

Level: Intermediate

Choreographer: Alison Carrington (UK)

Music: Give It Up - KC and the Sunshine Band

ROCK FORWA	ARD, BACK, SHUFFLE BACK, ROCK BACK, FORWARD, TRIPLE ½ TURN RIGHT
1-2-3&4	Rock forward on right, rock back on left, step back right, step left next to right, step back right
5-6-7&8	Rock back left, step forward right, turn ½ turn right stepping left, right, left
ROCK BACK RIGHT, FORWARD LEFT, 2 X ¼ PADDLE TURNS LEFT, ROCK RIGHT & CROSS	
1-2-3-4	Rock back on right, rock forward on left, step forward right, turn 1/4 paddle turn left
5-6-7&8	Step forward on right, turn 1/4 paddle turn left, rock right to right side, recover on left, cross
00700	right over left
ROCK FORWARD, BACK, SHUFFLE BACK, ROCK BACK, FORWARD, TRIPLE ½ TURN LEFT	
1-2-3&4	Rock forward on left, rock back right, step back left, step right next to left, step back left
5-6-7&8	Rock back on right, rock forward left, turn 1/2 turn left stepping right, left right
J-0-7 QO	Rock back of right, fock forward left, turn /2 turn left stepping right, left right
ROCK BACK, FORWARD, 2 X ¼ PADDLE TURNS RIGHT, LEFT KICK BALL CHANGE	
1-2-3-4	Rock back on left, rock forward on right, step forward on left turn 1/4 paddle turn right
5-6-7&8	Step forward on left, turn ¼ paddle turn right, kick left forward, step back on ball of left, step
	onto right
CHASSE LEFT, CHASSE RIGHT, ¼ SHUFFLE FORWARD LEFT, ½ SHUFFLE FORWARD RIGHT	
1&2	
	Step left to left side, step right next to left, step left to left side
3&4	Step right to right side, step left next to right, step right to right side
5&6	Step forward left turning ¼ left, step right next to left, step forward left
7&8	Step forward right turning $\frac{1}{2}$ turn right, step left next to right, step forward right
LEFT KNEE ROLL, PALM UP, RIGHT KNEE ROLL, PALM UP, HEEL BOUNCES	
1-2	Roll left knee out bring left hand up (palm forward), roll right knee out bring right hand up
3-4	(palm forward)
	Keeping both hands up & palms facing forward bounce heels twice on the spot
5-6	Bring both hands down in front of body & cross palms bounce heels twice on the spot
7-8	Bring both hands up to shoulder height (palms forward) & bounce heels twice on the spot
LEFT SAILOR STEP, RIGHT ¼ TURN SAILOR STEP, LEFT SAILOR STEP, RIGHT ¼ TURN SAILOR	
STEP	
1&2	Step left behind right, step right to right side, step left to left side
3&4	Step right behind left, step left to left side turning ¼ to right, step right to right side
5&6	Step left behind right, step right to right side, step left to left side
7&8	Step right behind left, step left to left side turning ¼ to right, step right to right side
LEFT KICK BALL TOUCH, RIGHT KICK BALL STEP, SKATE FORWARD RIGHT, LEFT, RIGHT, LEFT	
1&2	Kick forward on left, step onto ball of left, touch next to left
3&4	Kick forward on right, step onto ball of right, step left next to right
5-6-7-8	Skate forward on right, left, right, left

REPEAT





Wall: 4