

EZ Gimme Gimme ABBA: Bump & Roll

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Shannon Chang (USA) - July 2025
音乐: Gimme! Gimme! Gimme! (A Man After Midnight) - ABBA



****2 Restarts/ 1 Tag**

Intro: Dance start on vocal (approx. 35 secs)

SECTION 1: OUT-OUT-IN-IN (V STEPS), SIDE TOUCHES

- 1-2 Step R forward to right diagonal, step L forward to left diagonal
- 3-4 Step R back to center, step L back to center
- 5-6 Step R to right side, touch L beside R
- 7-8 Step L to left side, touch R beside L

SECTION 2: STEP BACK, HIP BUMPS, FIST ROLLS

- 1-4 Step R back, hip bumps R (R hip down, L hip up) Repeat
- 5-6 Lean forward while rolling both fists (R and L arms)
- 7-8 Lean back while rolling both fists (R and L arms)

SECTION 3: VINE RIGHT, VINE LEFT WITH ¼ TURN LEFT

- 1-2 Step R to right side, step L behind R
- 3-4 Step R to right side, touch L beside R
- 5-6 Step L to left side, step R behind L
- 7-8 Turn ¼ left stepping L forward, touch R beside L

SECTION 4: K-STEP WITH DIAGONAL TOUCHES & HAND CLAPS

- 1-2 Step R forward to right diagonal, touch L beside R
- 3-4 Step L back to left diagonal, touch R beside L
- 5-6 Step R back to right diagonal, touch L beside R
- 7-8 Step L forward to left diagonal, touch R beside L

RESTART & TAG:

Wall 5 Restart (starts facing 12:00) – 8 counts Section 1

Wall 9 Tag (Starts facing 12:00) - 6 counts (drums beat – no lyrics): Step R back, hip bumps. restart (Note: Wall 9, 10, and 11 are all instrumental.)

Wall 12 Restart (starts facing 3:00) – 24 counts Section 1-3 with (vocals), restart Wall 13 (facing 12:00)

Start Over

<https://open.spotify.com/track/3vkQ5DAB1qQMYO4Mr9zJN6?si=m1nHK2p6QSekpSpiFOCwVA&context=spotify%3Aplaylist%3A1UriHsv9Hx2kAPUE70FZN7>

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