

# Gimme A Break!

**COPPER** KNOB  
STEPPERS

拍数: 32      墙数: 2      级数: Intermediate  
编舞者: Roy Hadisubroto (IRE)  
音乐: In These Shoes? - Kirsty MacColl



When dancing to "In These Shoes", start the dance immediately at the beginning of the beat  
1st Place European Country Western Dance Championships 2001

## TOUCH, RONDE, CROSS, (¼ TURN RIGHT) SHUFFLE FORWARD, PUSH TURN ½, TOUCH, OUT, OUT

- 1 Right touch forward.
- 2 Right draw ½ circle to the back (shift weight on right)
- 3 Left cross over right.
- 4&5 Step right ¼ to right, left step just behind right, right step forward.
- 6-7 Left step forward, push turn ½ to the right
- 8&1 Touch left beside right, step left to left side, step right to right side

## BEND, STRAIGHTEN & TOUCH, BEND, STRAIGHTEN & TOUCH, STEP & CROSS 3X

- 2 Bend both knees (weight on right)
- 3 Straighten both legs (weight still on right) and touch left diagonally left forward
- 4 (Set left back to place/same position as 2 this section) bend both knees (weight on left)
- 5 Straighten both legs (weight still on left) and touch right diagonally right forward
- 6&7 Right step to right side, left cross behind right, right step to right side
- 8&8 Left cross behind right, right step to right side, left cross behind right

## SIDE, ROCK STEP, TOUCH, STEP, CROSS, BEND, UNWIND, STRAIGHTEN, BEND, TURN

- 1-2 Right step to right side, left rock forward.
- 3-4 Recover on right, touch left next to right
- &5 Step left to left side, cross right over left
- 6&7 Bend both knees, unwind both feet ½ to left, straighten both legs
- 8& Bend both knees, turn both feet ¼ to right (shift weight to left)

If you want to do more styling, you may pump up your upper body during the bend/straightening movements

## STRAIGHTEN, WALK 2X, STEP, SLIDE, HIP BUMPS 3X

- 1 Push left hip back while straightening both legs (weight still on left)
- 2-3 Right step forward, left step forward
- 4-5 Right take a wide step to the right, drag left next to right (shift weight to left)
- 6-7 Push left hip to left, push right hip to right
- 8 Push left hip to left

Arm movements (only this last section) on counts 4-8: Stretch both arms up above your head, left hand palm on the back of right hand

## REPEAT

## FINISH

At the end of the music (at the end of the last vanilla) add one more hip bump to the right.