Given To Me

拍數: 64

級數: Improver

編舞者: Yvonne Anderson (SCO) - May 2018

音樂: Give It To Me - Nathan Carter : (iTunes)

Notes: Start on vocal, restarts walls 1,3 and 6. HUGE thanks to Nathan for asking me to write this dance for his brand new single I am very honoured

11-81 STEP. TOUCH. STEP. KICK. BEHIND-1/4 LEFT-STEP FORWARD. HOLD

- 1-4 Step R to right, Touch L toes beside right, Step L to left, Kick R to side (low kick) [12]
- 5-8 Step R behind left, 1/4 turn left stepping left to side, Step R forward [9]

[9-16] CROSS STRUT, 1/4 LEFT, SIDE, CROSS STRUT, 1/4 RIGHT, SIDE

- 1-2 Step L toes across right, Drop L heel to floor [9]
- 3-4 1/4 turn left stepping R back, Step L to left [6]
- 5-6 Step R toes across left, Drop R heel to floor [6]
- 7-8 1/4 turn right stepping L back, Step R to right [9]

[17-24] CROSS ROCK, SIDE ROCK, BEHIND-1/4 RIGHT-STEP FORWARD. BRUSH

- 1-4 Rock L across right, Recover weight on R, Rock L to left, Recover weight on R [9]
- 5-8 Step L behind right, 1/4 turn right stepping R to side, Step L forward, Brush R forward [12]

[25-32] STEP FORWARD, HEEL TWISTS, HITCH, SHUFFLE, HOLD

- Step R forward, Twist both heels to right, Twist both heels to centre, Hitch R across left ankle 1-4 [12]
- 5-8 Shuffle forward stepping, R, L, R, HOLD [12]

[33-40] STEP 1/4 TURN RIGHT, CROSS, HOLD, 1/2 TURN LEFT, CROSS, HOLD

- 1-4 Step L forward, 1/4 turn right (weight on right), Step L across right, Hold [3]
- 5-6 1/4 turn left stepping R back, 1/4 turn left stepping L to left [9]
- 7-8 Step R across left, Hold [9]

[41-48] SIDE-TOGETHER-FORWARD, HOLD, PADDLE 3/4 TURN LEFT

- Step L to left, Step R beside left, Step L forward, Hold [9] 1-4
- 5-8 With weight on left touch R toes forward, Using R toes to push make 1/2 turn left (weight ends on left) now facing [3], With weight on left touch R toes to side, Using R toes to push make 1/4 turn left (weight ends on left) now facing [12]

****RESTART - walls 1,3 and 6 (the restarts in the music are very obvious) see notes ****

[49-56] CROSS-SIDE-HEEL-STEP. LEFT SHUFFLE FORWARD. HOLD

- 1-4 Step R across left, Step L to left and slightly back, Touch R heel forward, Step R beside left [12]
- 5-8 Shuffle forward stepping L, R, L, HOLD [12]

[57-64] MAMBO 1/2 TURN RIGHT. HOLD. FULL TRIPLE TURN FORWARD. HOLD

- 1-4 Rock R forward, 1/2 turn right taking weight on L, Step R forward, Hold [6]
- 5-8 1/2 turn right stepping L back, 1/2 turn right stepping R forward, Step L forward, Hold [6]

REPEAT

Notes: Restarts wall 1 - facing 12, wall 3 - facing 6, wall 6 - facing 6





牆數:2