Gassed Up

拍數: 64

級數: Low Intermediate



編舞者: Glenn Ball (USA) - March 2025

牆數:4

音樂: Gassed Up - Adam Butcher

'2+2' Walls with 1 Restart* (which changes your walls*)

Intro: 16 counts (approx. 12 secs) to start on vocals

*Restart is after 32 counts during 3rd time through which will change you to your 2 side walls; you'll be at your original 9:00 wall which will now be your new 12:00 wall for the rest of the song.

[1 - 8] Step, Kick x4

- 1,2,3,4 1) Step R forward to right diagonal; 2) Kick L across R; 3) Step L forward to left diagonal; 4) Kick R across L
- 5,6,7,8 5 Step R forward to right diagonal; 6) Kick L across R; 7) Step L forward to left diagonal; 8) Kick R across L

[9 – 16] Step Back, Together, Back, Touch x2

- 1,2,3,4 1) Step R back to right diagonal; 2) Step together L; 3) Step R back to right diagonal; 4) Touch together L
- 5,6,7,8 5) Step L back to left diagonal; 6) Step together R; 7) Step L back to left diagonal; 8) Touch together R

[17-24] 'K' Step with ¼ Turn

- 1,2 1) Step R forward to right diagonal; 2) Touch together L; 3) Step L back to where it was; 4) Touch together R
- 5,6 5) Turn 1/4 right stepping R side [3:00]; 6) Touch together L; 7) Step side L; 8) Touch together R

[25-32] Step, Hold/Snap, 1/4 Turn, Hold/Snap x2*

- 1,2,3,4 1) Step forward R; 2) Hold & snap fingers; 3) Turn 1/4 left taking weight L [12:00]; 4) Hold & snap fingers
- 5,6,7,8 5) Step forward R; 6) Hold & snap fingers; 7) Turn 1/4 left taking weight L [9:00]; 8) Hold & snap fingers

*On third time through, Restart here which changes your 2 walls to your side walls

[33-40] Step Forward, Together, Forward, Touch with Hand Pushes x2

- 1) Step R forward to right diagonal and pushing both hands forward to right diagonal 1 2 2) Step together L while relaxing elbows to pull hands slightly back 3 3) Step R forward to right diagonal and push both hands forward to right diagonal at chest height 4 4) Touch together L relaxing elbows to pull hands slightly back 5 5) Step L forward to left diagonal and push both hands forward to left diagonal at chest height 6 6) Step together R relaxing elbows to pull hands slightly back 7) Step L forward to left diagonal and push both hands forward to left diagonal at chest height 7 8 8) Touch together R relaxing elbows to pull hands slightly back [41-48] Step Forward, Touch, Back, Touch while 'Steering Right & Left' x2 1) Step R forward to right diagonal; 2) Touch together L At the same time, "Steer Right" by 1,2
- pretending you're holding a big steering wheel and rotate your hands clockwise
- 3,4
 3) Step L back to left diagonal; 4) Touch together R At the same time, "Steer Left" by pretending you're holding a big steering wheel and rotate your hands counterclockwise (or anti-clockwise)

- 5,6 5) Step R forward to right diagonal; 6) Touch together L At the same time, "Steer Right" by pretending you're holding a big steering wheel and rotate your hands clockwise
- 7,8 7) Turn 1/4 left stepping side L [6:00]; 8) Touch together R At the same time, "Steer Hard Left" by pretending you're holding a big steering wheel and over-rotate your hands counterclockwise (or anti-clockwise) to make the turn left

[49-56] Toe Strut Side, Toe Strut Across, Rock Side, Recover, Step Across, Hold

- 1,2,3,4 1) Touch toes of R to side; 2) Lower heel of R with weight; 3) Touch toes of L across R; 4) Lower heel of L with weight
- 5,6,7,8 5) Rock step side R; 6) Recover weight on L; 7) Step R across L; 8) Hold

[57-64] Toe Strut Side, Toe Strut Across, Rock Side, Recover, Step Across, Hold

- 1,2,3,4 1) Touch toes of L to side; 2) Lower heel of L with weight; 3) Touch toes of R across L; 4) Lower heel of R with weight
- 5,6,7,8 5) Rock step side L; 6) Recover weight on R; 7) Step L across R; 8) Hold

Begin again with this as your "new" 12:00 starting reference wall. Keep it fun, add claps & snaps & your own style, & have a "ball"!!

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