

# Gyrate

**Count:** 64

**Wall:** 4

**Level:** Advanced Hip Hop

**Choreographer:** Adam Berman, Roberto Corporan & Amy Spencer (USA)

**Music:** Gyrate by Da Muzicianz ft. Mr. Collipark. CD: Da Muzicianz.

**Count in:** 32 Count from start of track

**Notes:** See bottom of step description

## KICK STEP X2, KICK CROSS BACK STEP - REPEAT

- &1&2 Kick fwd on R, step in place with R, Kick fwd on L, step in place with L  
&3&4 Kick fwd on R, make 1/4 turn R cross R over L, step back on L, step fwd on R (3:00)  
&5&6 Kick fwd on L, step in place with L, kick fwd on R, step in place with R  
&7&8 Kick fwd on L, make 1/4 turn L cross L over R, step back on R, step fwd on L (12:00)

## ROCK & CROSS X2, MASH POTATO BACK

- 1&2 Cross rock R over L, recover on L, step R next to L  
3&4 Cross rock L behind R, recover on R, step L next to R  
5-8 Mash potato travelling back (weight ends on L)

## KICK AND ROCK RECOVER, STEP CLOSE, KNEE ROLL IN OUT, BUTTERFLY ROLL IN OUT

- 1&2& Kick fwd on R, step down on R, rock back on L, recover on R  
3-4 Step fwd on L, step R to right side  
5-6 Roll L knee in, roll L knee out (weight on L) L hand following the motion of the L leg.  
7-8 Roll both knees in, roll both knees out (weight on L) Both hands following the motion of the legs.

## COASTER STEP, STEP SIDE, TOGETHER, KNEES OPEN THEN SHUT, & SIDE

- 1&2 Step back on R, step L next to R, step fwd on R  
3-4 Step fwd on L, long step R to R side  
5&6 Step L next to R while raising R fist to chest (5), open both knees while opening R fist (&), close both knees while closing R fist (6),  
&7 step L to L side, step R next to L  
8& Clap hands, clap hands (keep palms of both hands together)

## THE HANDS BIT -

- 1&2 1) Slide the R fingers down & turn so that the back of the R hand is now touching the L palm – R fingers are pointing down & the R elbow is jutting out to the R side, &) still touching drop the R elbow – L fingers are now pointing down & L elbow is jutting out, 2) with the back of R hand push & turn R so the R palm is now facing L as you move the hands to the R hip – R fingers facing down & L fingers facing up  
&3&4 &) Move the hands to the L hip, 3) bring up the L elbow – R fingers pointing up with R palm facing L & L elbow jutting out, &) push L down turning the R palm to face R – R fingers pointing down 4) revert back to previous position  
5&6 5) Move the hands to the R side, &) drop the L elbow – R fingers are pointing down & R palm facing L, 6) bring L elbow up – back to the position in 5  
&7-8 &) slide R fingers to L elbow to form a rectangle shape, 7) slide R fingers back to L palm, 8) push L down turning the R palm to face R – R fingers pointing down & elbow jutting out

## MORE HANDS, KICK, BEHIND, SIDE

- 1-2 1) Pushing with L palm to turn back of R hand so R palm is facing L & slide the R fingers to L elbow – L fingers pointing down & creating a rectangle shape, 2) slide both hands to meet in the middle with L palm on top of back of R hand and R elbow slightly higher than L  
3-4 3) Raise the R hand to R diagonal, 4) bring down R palm to back of L hand pushing them down  
5&6 5) Pull out L hand & place on top of R hand, &) pull out R hand & place on top of L, 6) pull out L hand & place on top of R hand while kicking R to R side  
7-8 Step R behind L, step L to L diagonal (10.30)

## BRUSH X2, LOCK BEHIND, FULL TURN, SHAKE OR GYRATE

- 1-2 Brush R fwd, brush R back (10:30)  
3-4 Step R behind L, make a full unwind R  
5&6&7&8 Jump back slightly L to L side & R to R side, shake till count 8

## AND HEEL GRIND X2, HEEL GRIND, APPLE JACKS TURNING

- &1&2 Squaring up to front wall step L next to R, R heel grind fwd, step R next to L, L heel grind fwd  
&3-4 Step L next to R, R heel grind fwd, R heel grind again

&5&6&7&8 Applejacks (open on & return to closed on downbeat), Right (&5), Left (&6), Right (&7), Left (&8) whilst making a 1/4 turn left (9:00)

**Notes: Dance description written by Rachael McEnaney and Kenny Tan (thanks for your patience Kenny!) Please do not try and interpret the dance without having seen it taught or danced due to the arm movements which are difficult to put into a step sheet. There is a video on YouTube of Rachael teaching it at: <http://www.youtube.com/watch?v=SJUqnQaH8N8> or type in "Rachael Gyrate" in the search box. Any questions please contact either Rachael at [Rachael@dancepizazz.com](mailto:Rachael@dancepizazz.com) or Amy Spencer at [ASpencer@chartone.com](mailto:ASpencer@chartone.com).**