

You've got to sing along to this track and the bounces will add a little bit of a different experience for your beginners. Well done Sue.

# Gimme Hope

## 4 WALL - 32 COUNTS - BEGINNER

Steps	Actual Footwork	Calling Suggestion	Direction
<b>Section 1</b>	<b>Forward Rock, Back Shuffle, Back Rock, Forward Shuffle.</b>		
1-2	Rock forward on right. Recover onto left.	Forward Rock	On the spot
3&4	Step right back. Close left beside right. Step right back.	Right Shuffle	Back
5-6	Rock back on left. Recover onto right.	Back Rock	On the spot
7&8	Step left forward. Close right beside left. Step left forward	Left Shuffle	Forward
<b>Section 2</b>	<b>Side Rock, Behind, Side, Cross, Side Rock, Sailor 1/4 Turn</b>		
1-2	Rock right to right side. Recover onto left.	Side Rock	On the spot
3&4	Step right behind left. Step left to left side. Cross right over left.	Side Behind Cross	Left
5-6	Rock left to left side. Recover onto right.	Side Rock	On the spot
7&8	Cross left behind right. Turn 1/4 right stepping right to right side. Step left forward □	Sailor 1/4	Turning right
<b>Section 3</b>	<b>Point, Cross, Bounce Unwind 1/2 Turn x 2</b>		
1-2	Point right to right side. Cross right over left.	Point Cross	On the spot
3-4	Turn 1/2 left bouncing heels x 2 (Weight on left)	Bounce Bounce	Turning left
5-6	Point right to right side. Cross right over left.	Point Cross	On the spot
7-8	Turn 1/2 left bouncing heels x 2 (Weight on left)	Bounce Bounce	Turning left
<b>Section 4</b>	<b>Rock Back, Forward Shuffle, Pivot 1/2 Turn, Forward Shuffle</b>		
1-2	Rock back on right. Recover onto left.	Back Rock	On the spot
3&4	Step right forward. Close left beside right. Step right forward.	Right Shuffle	Forward
5-6	Step forward on left. Pivot 1/2 turn right.	Step Pivot	Turning Right
7&8	Step left forward. Close right beside left. Step left forward.	Left Shuffle	Forward

**Choreographed by:**

Sue Smyth  
UK  
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**Choreographed to:**

'Gimme Hope Jo'Anna' by Dr Victor and the Rasta Rebels from CD 'Greatest Hits' also available as a download from amazon.co.uk (125 bpm) (32 count intro)