



# Gyrate

Type: 64 counts, 4 wall  
Level: advanced hip hop line dance  
Choreographed: Adam Berman, Roberto Corporan & Amy Spencer  
Music: Gyrate by Da Muzicianz Featuring Mr. Collipark  
[CD: Da Muzicianz / Available on iTunes]

Start dancing on lyrics

## KICK STEP TWICE, KICK CROSS BACK STEP – REPEAT

- &1&2 Kick forward on right, step in place with right, kick forward on left, step in place with left
- &3&4 Kick forward on right, make  $\frac{1}{4}$  turn right cross right over left, step left back, step forward on right (3:00)
- &5&6 Kick forward on left, step in place with left, kick forward on right, step in place with right
- &7&8 Kick forward on left, make  $\frac{1}{4}$  turn left cross left over right, step right back, step forward on left (12:00)

## ROCK & CROSS TWICE, MASH POTATO BACK

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

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

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

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

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

## THE HANDS BIT

- 1 Slide the right fingers down & turn so that the back of the right hand is now touching the left palm - right fingers are pointing down & the right elbow is jutting out to the right side
- & Still touching drop the right elbow - left fingers are now pointing down & left elbow is jutting out
- 2 With the back of right hand push & turn right so the right palm is now facing left as you move the hands to the right hip - right fingers facing down & left fingers facing up
- &3 Move the hands to the left hip, bring up the left elbow - right fingers pointing up with right palm facing left & left elbow jutting out
- & Push left down turning the right palm to face right - right fingers pointing



- down
- 4 Revert back to previous position
- 5&6 Move the hands to the right side, drop the left elbow - right fingers are pointing down & right palm facing left, bring left elbow up - back to the position in 5
- &7 Slide right fingers to left elbow to form a rectangle shape, slide right fingers back to left palm
- 8 Push left down turning the right palm to face right - right fingers pointing down & elbow jutting out

#### **MORE HANDS, KICK, BEHIND, SIDE**

- 1 Pushing with left palm to turn back of right hand so right palm is facing left
- & slide the right fingers to left elbow - left fingers pointing down & creating a rectangle shape
- 2 Slide both hands to meet in the middle with left palm on top of back of right hand and right elbow slightly higher than left
- 3-4 Raise the right hand to right diagonal, bring down right palm to back of left hand pushing them down
- 5&6 Pull out left hand & place on top of right hand, pull out right hand and place on top of left, pull out left hand & place on top of right hand while kicking right to right side
- 7-8 Step right behind left, step left to left diagonal (10:30)

#### **BRUSH TWICE, LOCK BEHIND, FULL TURN, SHAKE OR GYRATE**

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

#### **AND HEEL GRIND TWICE, HEEL GRIND, APPLE JACKS TURNING**

- &1&2 Squaring up to front wall step left next to right, right heel grind forward, step right next to left, left heel grind forward
- &3-4 Step left next to right, right heel grind forward, right heel grind again
- &5&6&7&8 Applejacks while making a  $\frac{1}{4}$  turn left

Open on & return to closed on downbeat: right (&5), left (&6), right (&7), left (&8) while making a  $\frac{1}{4}$  turn left (9:00)

#### **REPEAT**

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. See the video on YouTube