

Gal Lupin (Gallopín')

COPPER KNOB
STEPSHEETS

Count: 36

Wand: 4

Ebene: Intermediate

Choreograf/in: Barry W. Muniz (USA)

Musik: She's A Good Ole Girl - Eddie Montgomery/Troy Lee Gentry



LEFT SHUFFLE; ROCK STEP; RIGHT SHUFFLE; ROCK STEP

- 1&2 Step left on left foot; step right together; step left on left foot
- 3-4 Cross-step right behind left; rock-step forward onto left in place
- 5&6 Step right on right foot; step left together; step right on right foot
- 7-8 Cross-step left behind right; rock-step forward onto right in place.

STEP PIVOT; SHUFFLE TURN; ROCK STEP; CROSS PIVOT

- 9-10 Step left foot forward; pivot ½ turn to the right stepping right in place
- 11&12 Step left on left foot; step right together; step left on left foot
- 13-14 Rock-step back on right foot; rock-step forward onto left in place
- 15-16 Cross-step left over right; pivot 2/2 turn to the left

TWO JAZZ BOXES

- 17-18 Cross-step right over left; step back onto left in place
- 19-20 Step slightly right on right foot; step left beside right
- 21-22 Cross-step right over left; step back onto left in place
- 23-24 Step slightly right on right foot; step left beside right; .

GAL LUPIN' (GALLOPIN')

- & Step right slightly out to right
- 25-26 Step left slightly out to left; hold
- & Step right slightly out to right
- 27-28 Step left slightly out to left; hold
- & Step right foot in place
- 29&30 Step left foot in place; step right foot in place; step left foot in place
- & Step right foot in place
- 31&32 Step left foot in place; step right foot in place; step left foot in place.

While executing the galloping movement, place both hands close together and slightly forward, like holding the reins of a horse.

STEP, HITCH; STEP, HITCH

- 33-34 Step left slightly forward; hitch (lift) right knee
- 35-36 Step right slightly forward; hitch (lift) left knee.

While executing these movements, keep both hands close together and slightly forward, like holding the reins of a horse. On each step, bring both shoulders back.)

REPEAT