

# Gorel

拍数: 0      墙数: 2      级数: Intermediate  
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音乐: Gorel - Baaba Maal



Sequence: AAB, AAB, then A until the end

## PART A

### SHUFFLE ½ TURN RIGHT, SHUFFLE ½ TURN RIGHT, RIGHT SHUFFLE BACK, LEFT COASTER STEP

1&2      Shuffle half turn right stepping right, left, right (traveling backwards)  
3&4      Shuffle half turn right stepping left right, left (traveling backwards)  
5&6      Step back right, close left beside right, step back right  
7&8      Step back left, step back right, step forward left

### SHUFFLE ½ TURN LEFT, SHUFFLE ½ TURN LEFT. RIGHT SHUFFLE FORWARD, LEFT FORWARD MAMBO

9&10      Shuffle half turn left stepping right, left, right (traveling forward)  
11&12      Shuffle half turn left stepping left, right left (traveling forward)  
13&14      Step forward right, close left beside right, step forward right  
15&16      Rock forward onto left, recover on to right, step left beside right

### SIDE ROCK, BEHIND, SIDE, CROSS TWICE

17-18      Rock right to right side, recover on to left  
19&20      Step right behind left, step left to left side, cross right over left  
21-22      Rock left to left side, recover on to right  
23&24      Step left behind right, step right to right side, cross left over right

### HITCH, STOMP, HITCH, STOMP, STOMP X 4

25-26      Hitch right, stomp right to right side  
27-28      Hitch left, stomp left to left side  
29-30      Stomp right to right side, stomp right in same position  
31-32      Stomp left to left side, stomp left in same position

### SAILOR STEPS X 4 (TRAVELING BACK, SLIGHTLY)

33&34      Cross right behind left, step left to left side, step right to place  
35&36      Cross left behind right, step right to right side, step left to place  
37&38      Cross right behind left, step left to left side, step right to place  
39&40      Cross left behind right, step right to right side, step left to place

### SYNCOPATED GRAPEVINE & UNWIND ¼ TURN TWICE

41-42      Step right to right side, step left behind right  
&43-44      Step right to right side, step left across right, unwind ¼ turn right  
45-46      Step right to right side, step left behind right  
&47-48      Step right to right side, step left across right, unwind ¼ turn right

### SYNCOPATED GRAPEVINE WITH ¼ TURN TWICE

49-50      Step right to right side, step left behind right  
51&52      Step right to right side, step left across right, unwind ¼ turn right  
53-54      Step right to right side, step left behind right  
55&56      Step right to right side, step left across right, unwind ¼ turn right

### SAILOR STEPS X 4 (TRAVELING BACK SLIGHTLY)

57-58	Cross right behind left, step left to left side, step right to place
59&60	Cross left behind right, step right to right side, step left to place
61-62	Cross right behind left, step left to left side, step right to place
63&64	Cross left behind right, step right to right side, step left to place

## **PART B**

### **HEEL SWITCHES, TRIPLE ½ TURN RIGHT**

1&2	Touch right heel forward, step on to right foot, touch left heel forward
&3&4	Step onto left foot, touch right heel forward, hitch right foot, touch right heel forward
&5&6	Step on to right foot, touch left heel forward, step on to left foot, cross right over left
7&8	Triple ½ turn right stepping left, right, left

### **PIVOT TURN, WALK LEFT, WALK RIGHT, FULL TURN, HALF TURN**

9-10	Step right forward, half turn left
11-12	Step forward right, step forward left
13-14	Full turn stepping back on to right foot, stepping forward onto left foot
15-16	Half turn left stepping back on to right foot, step forward on to left foot

### **HITCH STOMP X 4 WITH ARM MOVEMENTS**

17-18	Hitch right while extending right arm horizontally forward, fist clenched, stomp right foot to right
19-20	Hitch left while bringing left arm across chest, left hand claps right bicep, stomp right foot in same place
21-22	Hitch right while bringing right arm across chest, right hand clasps left bicep, stomp left foot to left
23-24	Hitch left while bringing both hands down to thighs, stomp left foot in same place

### **SHIMMY**

25-28	Shake shoulders right and left while bending forward from the waist
29-32	Shake shoulders right and left while straightening up

**The walls only change during Part B. The first AAB will be danced to the home or 12:00 wall, the second AAB will be danced to the 6:00 wall and the a sequence to the end of the dance will be danced to the home or 12:00 wall**

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