

# Gal Lupin (Gallopin')

**COPPER KNOB**  
STEPSHEETS

拍数: 36      墙数: 4      级数: Intermediate  
编舞者: Barry W. Muniz (USA)  
音乐: 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**

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