Gal Lupin (Gallopin')

拍數: 36   牆數: 4   級數: Intermediate

編舞者: Barry W. Muniz (USA)

音樂: 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