Gmc (Go Marrissa & Courtney)



Count: 64 Wand: 4 Ebene: Intermediate

Choreograf/in: Marrissa Mason (USA) & Courtney Ozovek (USA)

Musik: Ooh Boy - Real McCoy



When using "Ooh Boy", dance starts after 16 beat instrumental

KICK RIGHT, RIGHT, TRIPLE STEP, KICK LEFT, LEFT, TRIPLE STEP

1-2 Kick forward right, kick right to side
3&4 Shuffle in place right (right, left, right)
5-6 Kick forward left, kick left to side
7&8 Shuffle in place left (left, right, left)

RIGHT SAILOR, LEFT SAILOR, STOMP RIGHT, STOMP LEFT, CLAP, CLAP

1&2 Right sailor step3&4 Left sailor step

5-6 Stomp together right, stomp together left

7-8 Clap hands twice

RIGHT K-B-C, RIGHT K-B-C, STEP RIGHT, 1/2 LEFT, STOMP RIGHT, CLAP

1&2 Right kick-ball-change3&4 Right kick-ball-change

5-6 Step forward right, ½ turn left shifting weight to left

7-8 Stomp together right, clap

HEEL GRINDS WALKING FORWARD

1 Step forward onto right heel with toes up and pointed inward, grind heel into floor while

fanning toes outward

2 Step down on right

3-4 Repeat using left foot (2 counts per walk)

5-8 Repeat heel grinds walking forward (same as above)

RUNNING MAN, SHUFFLE RIGHT, SHUFFLE LEFT

1& Step forward right & scoot right back and hitch left knee2& Step forward left & scoot left back and hitch right knee

3&4& Repeat

5&6 Shuffle forward right (right, left, right)
7&8 Shuffle forward left (left, right, left)

STEP RIGHT, 1/2 LEFT, STOMP, CLAP, RIGHT HEEL FANS

1-2 Step forward right, ½ turn left shifting weight to left

3-4 Stomp together right, clap

& With weight on left foot lift right heel slightly off floor and fan out to

5 Return home

&6-8 Repeat 3 more times for &, 6, &, 7, &, 8

MASHED POTATOES (CHARLESTON SWIVELS) TRAVELING BACKWARDS

&	Lift right foot slightly off floor and turn both toes in/heels out
1	Step back onto right foot as you turn both toes out/heels in (1)
&	Lift left foot slightly off floor and turn both toes in/heels out
2	Step back onto left foot as you turn both toes out/heels in
&	Lift right foot slightly off floor and turn both toes in/heels out

3 &4	Step back onto right foot as you turn both toes out/heels in (3) Swivel both heels out & in
&5-8	Repeat &1-4 traveling back leading with left foot
JUMP, CLAP &	JUMP, JUMP, CLAP, JAZZ BOX TURNING 1/4 LEFT, JUMP/CLAP Jump forward on both feet, clap hands

Jump forward on both feet twice, clap hands (4)

Cross right over left, step back left while turning 1/4 left 7-8 Step in place on right, jump forward on both feet while clapping hands

REPEAT

&3-4

5-6