

Gertrude

Count: 76

Wand: 2

Ebene: High Improver

Choreograf/in: Don Pascual (FR) - May 2013

Musik: Gertrude - Jerry Jeff Walker



Start on vocals

Section 1: Dwight step travelling to the R x2, R side flick, touch, R side flick, step R fwd

- 1-2 Swivel L heel to the R touching R toes beside L, swivel L toes to the R touching R heel forward
- 3-4 Swivel L heel to the R touching R toes beside L, swivel L toes to the R touching R heel forward
- 5-8 R side flick, touch R beside L, R side flick, step R forward

Section 2: L kick fwd, L back step, point R behind, step R fwd, stomp L beside R, R swivet, hold

- 1-4 L kick forward, L back step, point R behind L, step R forward
- 5-8 Stomp L beside R, with weight on L ball and R heel, swivel toes of both feet to the R, return to centre, holdht. Return to centre With weight on ball of Left and Right heel swivel toes of both feet to the Right. Return to centre

Section 3: Dwight step travelling to the L x2, L side flick, touch, L side flick, step L fwd

- 1-2 Swivel R heel to the L touching L toes beside R, swivel R toes to the L touching L heel forward
- 3-4 Swivel R heel to the L touching L toes beside R, swivel R toes to the L touching L heel forward
- 5-8 L side flick, touch L beside R, L side flick, step L forward

Section 4: R kick fwd, R back step, point L behind, step L fwd, stomp R beside L, L swivet, hold

- 1-4 R kick forward, R back step, point L behind R, step L forward
- 5-8 Stomp R beside L, with weight on R ball and L heel, swivel toes of both feet to the L, return to centre, holdWith

Section 5: R stomp to the R, hold x2, L slow sailor step with ¼ T to the L ending with a stomp, hold X2

- 1-3 R stomp to the R, hold x2
- 4-6 Cross L behind R (on ball of L feet) , ¼ T to the L and step R to the R (on ball of R feet), stomp L slightly fwd
- 7-8 Hold x2

Section 6: R stomp to the R, hold x2, L slow sailor step with ¼ T to the L ending with a stomp, hold X2

- 1-3 R stomp to the R, hold x2
- 4-6 Cross L behind R (on ball of L feet) , ¼ T to the L and step R to the R (on ball of R feet), stomp L slightly fwd
- 7-8 Hold x2

Section 7: R & L heel struts fwd, R monterey turn

- 1-4 R heel forward, drop R ball, L heel forward, drop L ball
- 5-8 Point R to R side, R ½ T on ball of L foot stepping R foot beside L, point L to L side, L beside R

Section 8: R flick, step R fwd (slightly cross), L heel fwd, hold, L flick, step L fwd (slightly cross), R heel fwd, hold

- 1-2 R flick (R back diagonal), step R forward (slightly cross)
- 3-4 L heel forward (L diagonal), hold
- 5-6 L flick (L back diagonal), step L forward (slightly cross)

7-8 R heel forward (R diagonal), hold

Section 9: Cross R over L, point L to the L with snap, cross L over R, point R to the R with snap, R jazz-box making a ¼ T to the R

1-4 Cross R over L, point L to the L with snap, cross L over R, point R to the R with snap

5-8 Cross R over L, step L behind, ¼ Turn to the R and step R forward, step L forward

Section 10: R jazz-box making a ¼ T to the R

1-4 Cross R over L, step L behind, ¼ Turn to the R and step R forward, step L forward

Final: Wall 7, dance the first 8 sections, the first 4 counts of section 9 and then make a basic R jazz-box (without ¼ T)

Have fun with this dance...

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