

# Gorel

Count: 0

Wall: 2

Level: Intermediate

Choreographer: Ian Nixon (UK) & Lynn Stokoe (UK)

Music: 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 clasps 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**

---