

# Gal Lupin (Gallopin')

**Compte:** 36

**Mur:** 4

**Niveau:** Intermediate

**Chorégraphe:** Barry W. Muniz (USA)

**Musique:** 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**