

# Gorel

拍数: 0                      墙数: 2                      级数: Intermediate  
编舞者: Ian Nixon (UK) & Lynn Stokoe (UK)  
音乐: 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**

---