

Grundy Gallop

拍數: 32 牆數: 2 級數: Improver
編舞者: Jenny Rockett (UK)
音樂: Sold - John Michael Montgomery



4 SHUFFLES TURNING A FULL CIRCLE LEFT

1&2 Shuffle step round left, right, left.
3&4 Shuffle step round right, left, right.
5&6 Shuffle step round left, right, left.
7&8 Shuffle step round right, left, right

SIDE TOUCHES LEFT & RIGHT

9 Touch left toe to left side
10 Step left foot in place
11 Touch right toe to right side
12 Step right foot in place

HEEL, TOE, SHUFFLE, HEEL, TOE, SHUFFLE

13 Tap left heel forward
14 Touch left toe back
15&16 Shuffle forward left, right, left
17 Tap right heel forward
18 Touch right toe back
19&20 Shuffle forward right, left, right

ROCK FORWARD, RECOVER, SHUFFLE BACK ROCK BACK, RECOVER, SHUFFLE FORWARD

21 Rock forward onto left foot
22 Recover weight in place on right foot
23&24 Shuffle backwards left, right, left
25 Rock back onto right foot
26 Recover weight in place on left foot
27&28 Shuffle forward right, left, right

STEP FORWARD, PIVOT ½, STOMP, STOMP

29 Step left foot forward
30 Pivot ½ turn right bringing weight forward on to right foot
31 Stomp left in place
32 Stomp right in place

REPEAT
