

Gorel

拍數: 0 牆數: 2 級數: Intermediate
編舞者: Ian Nixon (UK) & Lynn Stokoe (UK)
音樂: 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
