

The Gil

拍數: 40 牆數: 4 級數: Improver
編舞者: Nancy Morgan (USA)
音樂: Get In Line (Dance Mix) - Larry Boone



WALK FOUR (4) STEPS FORWARD, MONTEREY TURN

1-2-3-4 Walk forward - right, left, right, left
5-6-7-8 Touch right toe to right side, swing right foot to left turning $\frac{1}{2}$ turn to right, touch left toe to left side, put left next to right

$\frac{1}{4}$ TURN MONTEREY TURN, KICK RIGHT, LEFT, RIGHT, CLAP

1-2-3-4 Touch right toe to right side, swing right foot to left turning $\frac{1}{4}$ turn to right, touch left toe to left side, stomp left next to right
5&6&7-8 Put right heel forward, put right next to left as you put left heel forward, put left next to right as you stomp right foot forward, clap (weight stays on left)

VINE TWO, SHUFFLE WITH $\frac{1}{4}$ TURN, STEP, $\frac{1}{2}$ TURN, SHUFFLE FORWARD

1-2 Step forward on right, step left behind right
3&4 Turn $\frac{1}{4}$ turn to your right as you shuffle - right, left, right
5-6 Step forward on left, turn $\frac{1}{2}$ turn to right (weight is on right)
7&8 Shuffle forward - left, right, left

FORWARD ROCK AND COASTER STEP, JAZZ TWO, JUMP BACK AND CLAP

1-2 Rock forward on right and back on left
3&4 Step back on right, back on left, forward on right
5-6 Cross left over right as you turn $\frac{1}{4}$ turn to your left, step back on right
&7-8 Hop back left, right, then clap (keep feet fairly close together with weight even)

HEEL GRIND, COASTER STEP, HEEL GRIND COASTER STEP

1-2 Grind right heel forward from left to right
3&4 Step back on right, back on left, forward on right
5-6 Grind left heel forward from right to left
7&8 Step back on left, back on right, forward on left

REPEAT
