

The Gilley-1

拍數: 32 牆數: 0 級數:
編舞者: Jack Wagner (USA) & Sue Wagner (USA)
音樂: Stagger Lee - Mickey Gilley



TOE, HEEL, CROSS-STEP, CROSS-STEP

- 1 With weight on left foot, touch-tap right toe in front of left foot, angling toe & body slightly to left side (almost a 45 degree angle)
- 2 Shifting angle of body to right side (almost a 45 degree angle to right of original line-of-dance), touch-tap right heel in front, also angling right foot to right side

During counts #1 and #2, ball of left foot remains in place while leg heel shifts from one side to the other to help angle the body in the appropriate direction-often called a Sugarfoot movement.

- 3 Step forward and across in front of left foot with right foot
- 4 Cross-step with left foot behind right foot, by sliding left foot forward, hooking left instep behind right heel creating scissors steps

STEP, CROSS-STEP

- 5 Step forward with right foot
- 6 Continue scissors steps by cross-stepping with left foot behind right foot, again sliding left foot forward, hooking left instep behind right heel (weight on left foot)

SIDE, CROSS-STEP, SIDE, (TURN) HEEL

- 1 Step to right side with right foot
- 2 Cross-step to right side in front of right foot with left foot
- 3 Step to right side with right foot
- 4 Pivoting $\frac{1}{4}$ turn to left while on ball of weighted right foot (facing new direction), touch-tap left heel forward-the dance accent is 1st to turn, then heel tap

(TURN) SIDE, CROSS-STEP, SIDE, STOMP

- 1 Pivoting $\frac{1}{4}$ turn to right while on ball of weighted right foot (facing original direction), step to left side with left foot-the dance accent is 1st to turn, then side-step to left
- 2 Cross-step to left side behind left foot with right foot
- 3 Step to left side with left foot
- 4 Stomp right foot (without shifting weight) beside left foot in place

KICK, BALL CHANGE (IN PLACE-STEP, STEP)

- 5 With weight on left foot, kick forward with right foot & using only $\frac{1}{2}$ count of music, return right foot beside left foot, shifting weight to ball of right
- 6 With left foot still in place, use second $\frac{1}{2}$ count of music to shift weight from ball of right foot back to ball of left

During the 'ball-change', it may help in keeping rhythm by slightly lifting one foot off the floor as weight is shaped to the other foot.

STEP, CROSS-STEP, STEP, (TURN) STEP-BACK

- 1 Step forward with right foot
- 2 Again use scissors steps to cross-step with left foot behind right foot by sliding left foot forward, hooking left instep behind right heel (weight on left foot)
- 3 Step forward with right foot
- 4 Pivoting $\frac{1}{2}$ turn to right side while on weighted right foot, (facing new direction) step backward with left foot

HIP, HIP, HIP, HIP

- 1 With weight still on left foot, bring right foot out slightly to right side &. Forward, centering weight on both feet, then throwing right hip out to right side & returning hip center (all this on 1 count of music!)
- 2 Again throw right hip out to right side k return hip center
- 3 Change by throwing left hip out to left side & returning hip center
- 4 Again throw left hip out to left side & return hip center

ROCK, STEP, STEP, CROSS-STEP, STEP (TURN)

- 1 Rock-step backward on right foot, leaving left leg extended forward
- 2 Rock-step forward on left foot
- 3 Step forward with right foot
- 4 Scissors-stepping once more, cross-step with left foot behind right foot by sliding left foot forward, hooking left instep behind right heel (weight on left foot)
- 5 Step forward with right foot, then pivoting $\frac{1}{4}$ turn to right side, right foot facing new direction

STEP (TURN), STEP (TURN), STEP (TURN)

- 1 With weight on right foot, cross-step with left foot in front of right, pivoting $\frac{1}{3}$ turn to right
- 2 Cross-step with right foot behind weighted left foot, continuing to pivot $\frac{1}{3}$ turn to right
- 3 Again cross-step with left foot in front of right foot, continuing to pivot $\frac{1}{3}$ turn to right

Essentially this movement is 3 steps taken in place while executing 1 full turn to the right, finishing with weight on left foot

REPEAT
