

Gal Lupin (Gallopin')

COPPER KNOB
STEPSHEETS

拍數: 36 牆數: 4 級數: Intermediate
編舞者: Barry W. Muniz (USA)
音樂: She's A Good Ole Girl - Eddie Montgomery/Troy Lee Gentry



LEFT SHUFFLE; ROCK STEP; RIGHT SHUFFLE; ROCK STEP

1&2 Step left on left foot; step right together; step left on left foot
3-4 Cross-step right behind left; rock-step forward onto left in place
5&6 Step right on right foot; step left together; step right on right foot
7-8 Cross-step left behind right; rock-step forward onto right in place.

STEP PIVOT; SHUFFLE TURN; ROCK STEP; CROSS PIVOT

9-10 Step left foot forward; pivot ½ turn to the right stepping right in place
11&12 Step left on left foot; step right together; step left on left foot
13-14 Rock-step back on right foot; rock-step forward onto left in place
15-16 Cross-step left over right; pivot 2/2 turn to the left

TWO JAZZ BOXES

17-18 Cross-step right over left; step back onto left in place
19-20 Step slightly right on right foot; step left beside right
21-22 Cross-step right over left; step back onto left in place
23-24 Step slightly right on right foot; step left beside right; .

GAL LUPIN' (GALLOPIN')

& Step right slightly out to right
25-26 Step left slightly out to left; hold
& Step right slightly out to right
27-28 Step left slightly out to left; hold
& Step right foot in place
29&30 Step left foot in place; step right foot in place; step left foot in place
& Step right foot in place
31&32 Step left foot in place; step right foot in place; step left foot in place.

While executing the galloping movement, place both hands close together and slightly forward, like holding the reins of a horse.

STEP, HITCH; STEP, HITCH

33-34 Step left slightly forward; hitch (lift) right knee
35-36 Step right slightly forward; hitch (lift) left knee.

While executing these movements, keep both hands close together and slightly forward, like holding the reins of a horse. On each step, bring both shoulders back.)

REPEAT