

Electric Reel

拍數: 32 牆數: 4 級數: Intermediate/Advanced
編舞者: Robert Padden (IRE) & Regina Padden (IRE)
音樂: Mason's Apron - Stockon's Wing



LONG STEP TO RIGHT, HOLD, SHUFFLE TO RIGHT, HEEL SWITCHES (LEFT, RIGHT, LEFT), CLAP

1-2 Step right foot to right side, hold
& Step left foot beside right
3&4 Shuffle right (step right to right side, step left beside right, step right to right side)
5& Touch left heel forward, step left beside right
6& Touch right heel forward, step right beside left
7-8 Touch left heel forward, clap

LONG STEP TO LEFT, HOLD, SHUFFLE TO LEFT, HEEL SWITCHES (RIGHT, LEFT, RIGHT), STEP RIGHT, LEFT

9-10 Step left foot to left side, hold
& Step right foot beside left
11&12 Shuffle left (step left foot to left side, step right beside left, step left to left side)
13& Touch right heel forward, step right beside left
14& Touch left heel forward, step left beside right
15&16 Touch right heel forward, step right beside left, step left in place putting feet slightly apart

APPLEJACKS

17&18& Applejack to the left, center, right, center
19&20 Applejack to the left, center, right

IRISH JIG, ¾ PIVOTING TURN TO RIGHT ON RIGHT, STEP BACK ON LEFT

& Cross right over left at knee level
21&22 Shuffle forward right, left, right
23&24 Scuff left foot forward, hitch left & scoot forward on right foot, step left forward
& Cross right over left at knee level
25&26 Shuffle forward right, left, right
27& Scuff left foot forward, pivot ¾ turn to the right on the ball of the right foot
28 Step back onto left foot

COASTER, HOLD, JUMP

29&30 Coaster (step back on right, step left beside right, step forward on right foot)
31 Hold
32 Jump forward on both feet

REPEAT

Jig - This phrase should be danced as though along a beam, mostly on the balls of the feet.

HAND MOVEMENTS-AFTER THE FIRST FOUR WALLS:

1-2 **MAN:** Extend left arms fully out to left, right arms over head, pointing to left, fingers closed
 LADY: Extend both arms fully out to left, at chest height, fingers closed.
9-10 Reverse of 1-2
17-20 With elbows close to body, point forearms and hands in direction of applejacks (left, right, left, right) rotate neck (not body) to face same direction.