

Circle Gallop

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Noel Castle (AUS)
音樂: Out of Habit - BR5-49



STEP, BRUSH, STEP, BRUSH -STEP, HOOK, ¼ LEFT WITH BOUNCES

1-2-3-4 Step left forward, brush right forward, step right forward, brush left forward
5-6 Step left forward, hook right toe behind left ankle
7-8 Keeping right heel hooked, swivel/turn ¼ left on left ball of foot and bounce left heel two times

STEP, BRUSH, STEP, BRUSH - FORWARD, HOLD, PIVOT ½ LEFT, HOLD

1-2-3-4 Step right forward, brush left forward, step left forward, brush right forward
5-6-7-8 Step right forward, hold, pivot ½ turn left (weight on left), hold

STOMP, HOLD, HOLD, HOLD - SHOULDER SHIMMY

1-2-3-4 Stomp right forward on the right diagonal (with attitude), hold, hold, hold
5-6-7-8 Shimmy shoulders for 4 counts

& SHUFFLE, ROCK, RECOVER - SHUFFLE, ROCK, RECOVER

&1&2 Step left in place (&) shuffle forward right-left-right
3-4 Rock/step left to side, recover onto right
5&6-7-8 Shuffle forward left-right-left, rock/step right to side, recover onto left

JUMP BACK, HOLD, JUMP BACK, HOLD - SIDE, TOGETHER, CROSS, HOLD

&1-2 Jump right back on the right diagonal (&) touch left to right, hold
&3-4 Jump left back on the left diagonal (&) touch right to left, hold
5-6-7-8 Step right side, close left to right, cross right over left, hold

SIDE, TOGETHER, CROSS ¼ RIGHT, HOLD - JUMP FORWARD, HOLD, JUMP FORWARD, HOLD

1-2-3-4 Step left side, close right to left, cross left over right and turn ¼ right, hold
&5-6 Jump right forward on the right diagonal (&) touch left to right, hold
&7-8 Jump left forward on the left diagonal (&) touch right to left, hold

STEP, KICK, STEP, KICK - GALLOP STEPS ½ RIGHT

1-2-3-4 Step right side, kick left foot forward, step left side, kick right foot forward
5&-6& Step right side, close left to right (&), step right side, close left to right (&)
7&-8& Step right side, close left to right (&), step right side, close left to right (&)

Make a fairly wide ½ circle right with these gallop steps

STEP, KICK, STEP, KICK - GALLOP STEPS ½ RIGHT

1-2-3-4 Step right side, kick left foot forward, step left side, kick right foot forward
5&-6& Step right side, close left to right (&), step right side, close left to right (&)
7&-8 Step right side, close left to right (&), step right side

Make a fairly wide ½ circle right with these gallop steps

REPEAT