

Swivelfeet Linedancers Hälsinglands gladaste Linedancers

Besök alltid vår hemsida; WWW.swivelfeet.se

Grundy Gallop

Count: 32 Wall: 2 Level: Improver

Choreographer: Jenny Rockett

Music: 'Sold' by John Michael Montgomery



Actual footwork

Section 1 4 Shuffles Turning A Full Circle Left

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|-------|--|
| 1 & 2 | Shuffle step round left, right, left. |
| 3 & 4 | Shuffle step round right, left, right. |
| 5 & 6 | Shuffle step round left, right, left. |
| 7 & 8 | Shuffle step round right, left, right. |

Section 2 Side Touches Left & Right

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|---|-------------------------------|
| 1 | Touch left toe to left side |
| 2 | Step left foot in place |
| 3 | Touch right toe to right side |
| 4 | Step right foot in place |

Section 3 Heel, Toe, Shuffle, Heel, Toe, Shuffle

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|-------|------------------------------------|
| 1 | Tap left heel forward |
| 2 | Touch left toe back |
| 3 & 4 | Shuffle forward left, right, left |
| 5 | Tap right heel forward |
| 6 | Touch right toe back |
| 7 & 8 | Shuffle forward right, left, right |

Section 4 Rock Forward, Recover, Shuffle Back Rock Back, Recover, Shuffle Forward

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|-------|---------------------------------------|
| 1 | Rock forward onto left foot |
| 2 | Recover weight in place on right foot |
| 3 & 4 | Shuffle backwards left, right, left |
| 5 | Rock back onto right foot |
| 6 | Recover weight in place on left foot |
| 7 & 8 | Shuffle forward right, left, right |

Section 5 Step Forward, Pivot ½, Stomp, Stomp

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|---|---|
| 1 | Step left foot forward |
| 2 | Pivot ½ turn right bringing weight forward on to right foot |
| 3 | Stomp left in place |
| 4 | Stomp right in place |

REPEAT