

Gulf Coast Girl

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Count: 64

Wall: 2

Level: Easy Improver

Choreographer: Jackie Clair (Foley, AL (Gulf Coast!) USA,) September 2019

Music: Gulf Coast Girl by Caroline Jones and the Pelicanaires - 67 bpm - iTunes and Amazon

Intro: 16 counts, starting on vocals of Oh, Ohs

Note: A big Thank You to Kris Shiller for suggesting this song and Debi Robbins for critiquing the steps!

****Dance starts with the Tag -see below**

Section 1 weight on L

[1-8] VINE R w/ ½ TURN R, SCUFF, LINDY L

1-2-3-4RF step R, LF behind R, RF ¼ turn R stepping fwd (3:00), LF ¼ turn R (6:00) w/ scuff (raising whole body slightly onto ball of RF)

5&6LF step L, RF next to L, LF step L

7-8 Rock RF behind L, recover weight to LF

Section 2 weight on L, 6:00

[9-16] V STEP, SWIVEL HEELS R, BOUNCE ON TOES X2, REPEAT SWIVEL & BOUNCE X2 ON L

1-2-3-4RF fwd to R diagonal, LF to L side, RF back to center, LF next to R

5,6 Swivel both heels R, bouncing slightly on toes twice to R

7-8 Swivel both heels L, bouncing slightly on toes twice to L

(Option: if knees are an issue w/ bounces, bump twice to R, twice to L instead)

Section 3 weight on L, 6:00

[17-24] VINE R w/ ½ TURN, SCUFF, LINDY L (same as 1-8)

1-2-3-4RF step R, LF behind R, RF ¼ turn R stepping fwd (9:00), LF ¼ turn R (12:00) w/ scuff (raising whole body slightly onto ball of RF)

5&6LF step L, RF next to L, LF step L

7-8 Rock RF behind L, recover weight to LF

Section 4 weight on L, 12:00

[25-32] ¼ MONTEREY R, ROCKING CHAIR

1-2 Touch R toe to R side, close RF beside LF making ¼ turn to R (3:00)

3-4 Touch L toe to L side, step LF next to RF

5-6-7-8RF rock fwd, recover LF, RF rock back, recover LF

Section 5 weight on L, 3:00

[33-40] R TOUCH, L TOUCH, SIDE TOGETHER, BACK, TOUCH

1-2-3-4RF step R, touch LF together, LF step L, touch RF together

5-6-7-8RF step R, LF together, RF back, touch LF together

Section 6 weight on R, 3:00

[41-48] L TOUCH, R TOUCH, SIDE TOGETHER, FWD TOUCH

1-2-3-4LF step L, touch RF together, RF step R, touch LF together

5-6-7-8LF step L, RF together, LF fwd, touch RF together

Section 7 weight on L, 3:00

[49-56] ¼ PIVOT X2, JAZZ BOX TOUCH (optional ending after 50 counts, on wall 7)

1-2-3-4RF fwd, turn ¼ L (weight on LF) (12:00), RF fwd, turn ¼ L (weight on LF) (9:00)

5-6-7-8 Cross RF over L, step LF back, step RF to side, touch RF together

Section 8 weight on R, 9:00

[57-64] LF FWD, RF TAP, RF STEP BACK, LF ¼ TURN L, RF FWD, LF TAP, LF STEP BACK, TOUCH RF

1-2-3-4LF step fwd, tap R toe back, step RF back, LF ¼ turn L, step (6:00)

****TAG HERE during wall 2**

5-6-7-8RF step fwd, tap L toe back, step LF back, touch RF together

Section 8 weight on L, 6:00

TAG: Once at the beginning of the dance, twice on wall 2 after 60 counts, only the first 4 counts at the end of wall 4. All will occur facing 12:00.

[1-8] SIDE POINTS X4

1-2-3-4RF point out to R side, RF together, LF point out to L side, LF together

5-6-7-8 Repeat 1-4

Section 1 weight on L, 12:00

[9-16] K STEP

1-2-3-4RF fwd to R diagonal (1:30), touch LF to L side, LF back to center, touch RF next to L

5,6,7,8RF back to R diagonal (4:30), touch LF to L side, LF fwd to center, touch RF next to L

Section 2 weight on L, 12:00

**** OPTIONAL ENDING: If you want a "TaDa" front ending, complete 50 counts (1st $\frac{1}{4}$ pivot) on wall 7**

Last Update - 14 Sept. 2019

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