

# GOREL

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**Count:** —                      **Wall:** 2                      **Level:** intermediate

**Choreographer:** Ian Nixon & Lynn Stokoe

**Music:** Gorel by Baaba Maal

**Sequence:** AAB, AAB, then A until the end

## PART A

### SHUFFLE ½ TURN RIGHT, SHUFFLE ½ TURN RIGHT, RIGHT SHUFFLE BACK, LEFT COASTER STEP

- 1&2**            Shuffle half turn right stepping right, left, right (traveling backwards)  
**3&4**            Shuffle half turn right stepping left right, left (traveling backwards)  
**5&6**            Step back right, close left beside right, step back right  
**7&8**            Step back left, step back right, step forward left

### SHUFFLE ½ TURN LEFT, SHUFFLE ½ TURN LEFT. RIGHT SHUFFLE FORWARD, LEFT FORWARD MAMBO

- 9&10**          Shuffle half turn left stepping right, left, right (traveling forward)  
**11&12**         Shuffle half turn left stepping left, right left (traveling forward)  
**13&14**         Step forward right, close left beside right, step forward right  
**15&16**         Rock forward onto left, recover on to right, step left beside right

### SIDE ROCK, BEHIND, SIDE, CROSS TWICE

- 17-18**         Rock right to right side, recover on to left  
**19&20**         Step right behind left, step left to left side, cross right over left  
**21-22**         Rock left to left side, recover on to right  
**23&24**         Step left behind right, step right to right side, cross left over right

### HITCH, STOMP, HITCH, STOMP, STOMP X 4

- 25-26**         Hitch right, stomp right to right side  
**27-28**         Hitch left, stomp left to left side  
**29-30**         Stomp right to right side, stomp right in same position  
**31-32**         Stomp left to left side, stomp left in same position

### **SAILOR STEPS X 4 (TRAVELING BACK, SLIGHTLY)**

- 33&34** Cross right behind left, step left to left side, step right to place
- 35&36** Cross left behind right, step right to right side, step left to place
- 37&38** Cross right behind left, step left to left side, step right to place
- 39&40** Cross left behind right, step right to right side, step left to place

### **SYNCOPATED GRAPEVINE & UNWIND $\frac{1}{4}$ TURN TWICE**

- 41-42** Step right to right side, step left behind right
- &43-44** Step right to right side, step left across right, unwind  $\frac{1}{4}$  turn right
- 45-46** Step right to right side, step left behind right
- &47-48** Step right to right side, step left across right, unwind  $\frac{1}{4}$  turn right

### **SYNCOPATED GRAPEVINE WITH $\frac{1}{4}$ TURN TWICE**

- 49-50** Step right to right side, step left behind right
- 51&52** Step right to right side, step left across right, unwind  $\frac{1}{2}$  turn right
- 53-54** Step right to right side, step left behind right
- 55&56** Step right to right side, step left across right, unwind  $\frac{1}{4}$ turn right

### **SAILOR STEPS X 4 (TRAVELING BACK SLIGHTLY)**

- 57-58** Cross right behind left, step left to left side, step right to place
- 59&60** Cross left behind right, step right to right side, step left to place
- 61-62** Cross right behind left, step left to left side, step right to place
- 63&64** Cross left behind right, step right to right side, step left to place

## **PART B**

### **HEEL SWITCHES, TRIPLE $\frac{1}{2}$ TURN RIGHT**

- 1&2** Touch right heel forward, step on to right foot, touch left heel forward
- &3&4** Step onto left foot, touch right heel forward, hitch right foot, touch right heel forward
- &5&6** Step on to right foot, touch left heel forward, step on to left foot, cross right over left
- 7&8** Triple  $\frac{1}{2}$  turn right stepping left, right, left

### **PIVOT TURN, WALK LEFT, WALK RIGHT, FULL TURN, HALF TURN**

- 9-10** Step right forward, half turn left

- 11-12** Step forward right, step forward left
- 13-14** Full turn stepping back on to right foot, stepping forward onto left foot
- 15-16** Half turn left stepping back on to right foot, step forward on to left foot

### **HITCH STOMP X 4 WITH ARM MOVEMENTS**

- 17-18** Hitch right while extending right arm horizontally forward, fist clenched, stomp right foot to right
- 19-20** Hitch left while bringing left arm across chest, left hand claps right bicep, stomp right foot in same place
- 21-22** Hitch right while bringing right arm across chest, right hand clasps left bicep, stomp left foot to left
- 23-24** Hitch left while bringing both hands down to thighs, stomp left foot in same place

### **SHIMMY**

- 25-28** Shake shoulders right and left while bending forward from the waist
- 29-32** Shake shoulders right and left while straightening up

**The walls only change during Part B. The first AAB will be danced to the home or 12:00 wall, the second AAB will be danced to the 6:00 wall and the a sequence to the end of the dance will be danced to the home or 12:00 wall**