

LE VERT GALLANT

Music: Claude Ciari

www.amazon.com/nostalg

Track # 6 Time 3:45 Speed up w/ 10%

Available from choreographer

Rhythm: Bolero Phase: IV+1 (Horseshoe Turn)

Footwork: Opposite except where (Noted)

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Sequence: INTRO AB AB A(9-15) END



INTRO

BFLY POS WALL LEAD FOOT FREE START AFTER 6 INTRO NOTES

PART A

01-04 FULL BASIC to LOW BFLY ; ; DBL HND UNDERARM TURN to STACKED HANDS ; OP BREAK to FACE ;

{Full Basic to Low Bfly} Sd L rise, -, bk R to CP flex knee, fwd L ; Sd R rise, -, fwd L flex knee, bk R to low bfly ;
{Dbl Hnd Hold Underarm Turn to stacked hnds} [Keep both hands] Sd L, -, XRib lead ptr under dbl hd hold, rec fwd L stacked Lft over Rt hands (W fwd R, -, fwd L RF trn under dbl hd hold, fwd R stacked hands L over R) to COH ; {Open Break to Fc} [With stacked hnds] Sd R, -, apt L raising stacked hnds fwd, rec R to r-sd of W ;

05-08 CHANGE SIDES/W UNDERARM ; REVERSE UNDERARM TURN ; CROSS BODY ; HIP ROCK ;

{Change Sides /W Underarm} Raising stacked hnds Fwd L Wall turng RF chg sds lead W trn under stacked hnds, -, sd R, XLif (W fwd R coh LF trn under stacked hnds chg sds, -, sd L, XRif) to BLFY COH ; {Reverse Underarm Trn} Sd R, -, XLif, bk R (W sd L comm ½ LF trn undr jnd ld hnds, -, XRif contg trn, fwd L compg trn to fc ptr) to BFLY COH ; {Cross Body} Sd & bk L, -, bk R trng LF, fwd & sd L (sd & fwd R, -, trng LF fwd L xg in frnt of M, sd & bk R) to Low Bfly WALL ; {Hip Rock} Arms low Sd R, -, rec L rollg L hip, rec R rollg R hip ;

09-12 HAND to HAND ; BACK BREAK to ½ OP LOD ; OP IN & OUT RUNS ; ;

{Hand to Hand} Sd L rise, -, XRIB (W XLIB) trng to sd by sd pos ext trail hnds out to sd, fwd L trn to fc ptr ; {Bk Break to ½ OP} Sd & bk R body rise, -, bk L blend ½ OP fcg LOD, rec fwd R to ½ OP LOD ; {OP In & Out Runs} Fwd L rise, -, fwd R twd DLW across W comm trn LF, bk L cont trn to fc LOD (W fwd R rise, -, L, R) end Left ½ OP LOD ; Fwd R rise, -, fwd L, R (W fwd L rise, -, fwd R twd DLW across M comm trn LF, bk L cont trn to fc LOD) end ½ OP LOD ;

13-16 BOLERO WALKS w/ ARMS to BFLY ; ; NEW YORKER TWICE ; ;

{Bolero Walks w/ Arms to Bfly} [Raising leading arms forward up and sideways down 2^{de} time to BFLY] Fwd L rise, -, R, L ; Fwd R rise, -, fwd & sd L trng RF to fc ptr, cl R to BFLY WALL ; {New Yker x 2} Sd L, -, trng to OP LOD fwd R, bk L trng to BLFY WALL ; Sd R, -, trng to LOP RLOD fwd L, bk R trng to BLFY WALL ;

PART B

01-04 SHOULDER to SHOULDER TWICE ; ; TURNING BASIC ; LUNGE BREAK ;

{Shoulder to Shoulder x 2} Sd L, -, fwd R to BFLY-BJO, bk L to BFLY ; Sd R, -, fwd L to BFLY-SCAR, bk R trng LF to Loose CP ; {Turning Basic} Sd L w/ RF upper bdy trn, -, bk R trng ¼ LF, sd & fwd L trng ¼ LF (W sd R w/ RF upper bdy trn, -, fwd L trng ¼ LF w/ slip action, sd & bk R trng ¼ LF) to BFLY POS COH ; {Lunge Break} Sd R, -, lower on R extend L leg bk & sd extend trl arm to sd, rise on R (W sd L, -, bk R, rec L) to BFLY COH ;

05-08 UNDERARM TURN INTO a LARIAT 3 ; ; SWIVEL to FACE & HIP ROCK 2 ; SPOT TURN ;

{Underarm Turn Into a Lariat 3} Sd L, -, small step bk R, rec fwd L (W sd R, -, XLif comm RF turn under ld nds, cont RF turn to M's R-Side) ; Step ipl R, -, L, R (W Circle CW around M w/ jnd ld hnds fwd L, -, R, L) to M fcg COH/W fcg RLOD ; {Swivel to Fc & Hip Rock 2} Sd L swvlg LF to fcg ptr w/ body rise, -, rec R rollg R hip, rec L rollg L hip (W fwd R swvlg to fc ptr w/ body rise, -, rec L rollg L hip, rec R rollg R hip) to BFLY WALL ; {Spot Turn} Sd R, -, XLif trng RF, rec R contg RF trn to BFLY WALL ;

09-12 AIDA PREPARATION ; AIDA LINE & HIP ROCK 2 ; SWIVEL to FACE INTO a FENCE LINE TWICE ; ;

{Aida Prep} Sd L to LOD, -, fwd R trng RF to fc ptr, cl L ; **{Aida Line & Hip Rock 2}** Bk R to bk to bk V pos raisg tl arms, -, rock fwd on L, rock bk on R ; **{Swivel to Fc & Fence Line x 2}** Fwd L swivel to fcg ptr & pnt R to sd, -, XRif, rec L to BFLY ; Sd R, -, XLif, rec R to BFLY ;

13-16 TURNING BASIC ; HORSESHOE TURN ; ; HIP LIFT ;

{Turning Basic} Repeat meas 3 Part B ; **{Horseshoe Turn}** Sd & fwd R trng RF to V pos LOD, -, thru L to LOD, lk Rib to V pos & raise ld hnds ; Circ LF fwd L, -, R, L (*W circ RF ½ undr jnd hnds fwd R, -, L, R*) to BFLY WALL ; **{Hip Lift}** Sd & fwd R to CP (*W sd & fwd L*) bringing L ft next to R w/ relaxed knee & toe on floor, -, pushg on L toe lift L hip, lowr L hip relaxing knee ;

ENDING

01 LUNGE SIDE CLOSE & EMBRACE to CUDDLE POS ;

{Lunge Sd Cl & Embrace to Cuddle Pos} [S] Both sd R w/ lun action on soft knee, -, cl L /M wrap arms arnd ptr to Cuddle Pos ;