

Lorelie's Cane Dance r = right foot l= left foot t=touch You can add little shoulder pulses at any time during the dance.

Music : Amin Sultan -Destiny Album-Track 2

Cane is above your head- arms straight

First 2x8-Accent hip hip on the second 8

2x8-R hop L hop

2x8-Step drags to the right in a large circle (Ellen) (cane in front of you)

1x8-triplets starting on r foot moving forward shoulder shimmy (cane in front of you)

1x8-triplets starting on r foot moving back (row the cane back)

On the 8 count cane comes down in front vertical touching the floor curved side down.

2x8 holding the cane with one hand (palm down) r foot first-ghwazee small steps and flirty walk around the cane (optional walk without the Ghwazee but make it cute)

on the 7 & 8 r-l kick the cane up to the right shoulder (holding the cane towards the bottom, arms are straight palms are down)

2x8-step to the r starting on r foot (rlr hop ) on the hop face diagonal left  
Then to l with (lrl hop) repeat

2x8-move forward diagonal-rlr touch with l (twirling the cane forward and tap the floor on 4) then lrl back to center (cane twirls back to tap the shoulder on 4) repeat

2x8-big hip circles First one to the right with a pulse, second one left into a turn left

2x8-Hip drops traveling back and around- 2 l hip drops 2 r hip drops 4 l hip drops with a turn to the left repeat other side

2x8-step to the right starting on r foot (rlr hop) (lrl hop) while twirling the cane in front of you

The big pony move VIDEO DEMO

2x8-Face Right-Step (cane hits the floor on the step) Hop on right foot (turn to the right to face left on the hop) While turning the cane comes around the left side of your head. SEE VIDEO DEMO

Step hop on Left foot (on the hop the right leg comes up into a pony-toes pointed) Stay facing left (do not turn yet) Twirl the cane while hopping.

1x8-Triplets- facing front while holding cane in front of you.

1x8 Step hops on r foot ¼ turn each time till facing front.

2x8-Move diagonal right and downstage with undulations r,l,r,l,rlrlrlr cane comes up the front of your body

2x8 repeat opposite diagonal and end up facing back.

1x8-Cane comes behind your neck two hips to the r, two hips to the left repeat - mirror hips with the cane.

1x8-Out up downs while cane slowly comes up

1x4-Turn your upper body to the left and bring cane around to frame your left side

1x4- Bring your body to front and reach left with the cane

1x4-Reach right with cane

1x4-hit floor with the cane and kick it up to shoulders.

1x8-Pony downstage r diagonal tush push

1x8-repeat left diagonal

2x8 walk around to face front while bringing the cane to the floor in front of you. Figure eights , then bring cane up as you shimmy (slowly bring cane above your head in front of your body )

1x8 Big Folky step hop r hop, l hop, r hop, l hop

1x4-Turn right r,l hip drop

1x4-Turn left l, r, hip drop

1x8-Traveling Fellahin starting on r

1x8-Traveling Fellahin left in a circle

2x8-Face front and stir the pot aka the helicopter

1x8 Starting on r-t, l-t, r-t, l, r (Step Touch Step Touch Step Touch - turn left )

1x4-l,r l hop

1x4-r, l with a forward hip twist

r,l,r while turning right

Hip drops l hip, r hip, l hip, r hip travelling back

r sweep kick , l sweep kick (Folk style)

r,l, rlr

2x8- triplets traveling around set up for the kick move on the 5-8 (hopping on the rt leeg. Left leg licks front, back, front step on the r

1x8-Cane comes to floor walk around to the back of the cane and

1x8-hips(r,l,r,r, l,r,l,l)

1x8 big hip circles

6x8 start to finish

bring cane to the top of the head while shimmy and balance - fellahin traveling

drop cane to hands

start spinning while holding cane out in front of you then put the cane in the crook of the neck and balance while spinning