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La Jument de Michao

88 Count, 1 Wall, Beginner, Contra Choreographer: Maryloo (FR) January 2011 Choreographed to: La Jument de Michao by Nolwenn Leroy

The dancers are placed in front of each other, along two lines or in circle

SMALL TRIPLE STEPS FORWARD & SCUFFS (4X) 1

- 1&2& Small steps forward (right, left, right), scuff left forward
- 3&4& Small steps forward (left, right, left), scuff right forward
- 5&6& Small steps forward (right, left, right), scuff left forward
- 7&8& Small steps forward (left, right, left), scuff right forward

SMALL TRIPLE STEPS BACKWARD & SCUFFS (4X) 2

- Small steps backward (right, left, right), scuff left foot 1&2&
- 3&4& Small steps backward (left, right, left), scuff right foot
- Small steps backward(right, left, right), scuff left foot 5&6&
- 7&8 Small steps backward (left, right, left)

3 FORWARD GALLOPS, LEFT SHUFFLE FORWARD, 1/2 PADDLE TURN LEFT

- 1&2&3&4 Step right forward, close left to right, step right forward, close left to right, step right forward, close left to right, step right forward
- 5&6 Shuffle forward (left, right, left)
- 7&8& Step right toe forward making a 1/4 turn left , recover on left,
 - step right toe forward making a 1/4 turn left, recover on left

FORWARD GALLOPS, LEFT SHUFFLE FORWARD, 1/2 PADDLE TURN LEFT

- 1&2&3&4 Step right forward, close left to right, step right forward, close left to right, step right forward, close left to right, step right forward
- Shuffle forward (left, right, left) 5&6
- 7&8& Step right toe forward making a 1/4 turn left , recover on left, step right toe forward making a 1/4 turn left, recover on left

- 5 TRIPLE STEP & SCUFF TO SIDE (R.L.), VOLTA STEPS MAKING A FULL TURN RIGHT 1&2
- Step right to side, step left together, step right in place, scuff left foot 3&4
- Step left to side, step right together, step left in place, scuff right foot Turn ¼ right and step right forward, step left together, 5&6&
- turn 1/4 right and step right forward, step left together
- 7&8 Turn ¼ right and step right forward, step left together, turn ¼ right and step right forward.

TRIPLE STEP & SCUFF TO SIDE (L.R.), VOLTA STEPS MAKING A FULL TURN LEFT 6

- 1&2 Step left to side, step right together, step left in place, scuff right foot
- 3&4 Step right to side, step left together, step right in place, scuff left foot
- 5&6& Turn ¼ left and step left forward, step right together, turn ¼ left and step left forward, step right together
- 7&8 Turn ¼ left and step left forward, step right together, turn ¼ left and step left forward

7 SMALL TRIPLE STEPS FORWARD & SCUFFS (X4)

- Small steps forward (right, left, right), scuff left forward 1&2&
- Small steps forward (left, right, left), scuff right forward 3&4&
- 5&6& Small steps forward (right, left, right), scuff left forward
- 7&8& Small steps forward (left, right, left), scuff right forward

Option: In the sequences above, put both hands on your waist

- CROSS ROCK & SIDE (R.L.), GALLOPS AROUND MAKING A 1/2 TURN RIGHT 8
- 1&2 Cross /rock right over left, recover on left, step right to right side
- 3&4 Cross /rock left over right, recover on right, step left to left side
- 5&6&7&8 Make Gallops in a 1/2 circle to right : Step right forward, step left together,

step right forward, step left together, step right forward, step left together, step right forward **Option**:

- 1&2: clap your right hand in the right hand of your front partner on the 1 3&4:
- clap your left hand in the left hand of your front partner on the 3

CROSS ROCK & SIDE (L.R.) GALLOPS AROUND MAKING A 1/2 TURN LEFT g

- 1&2 Cross /rock left over right, recover on right, step left to left side
- Cross /rock right over left, recover on left, step right to right side 3&4
- Make Gallops in a 1/2 circle to left : Step left forward, step right together, 5&6&7&8

Step left forward, step right together, step left forward, step right together, step left forward

Option :

1&2 : clap your left hand in the left hand of your front partner on the 1

3&4 : clap your right hand in the right hand of your front partner on the 3

10 GALLOPS AROUND 1/2 TURN RIGHT & LEFT

1&2&3&4 Make Gallops in a ½ circle to right : Step right forward, step left together, Step right forward, step left together, step right forward, step left together, step right forward

- 5&6&7&8 Make Gallops in a ½ circle to left : Step left forward, step right together, step right together,
- step left forward, step right together, step left forward, step right together, step left forward Option: Take your partner by the arm (or by the hand) to make the 1/2 circle

11 SMALL TRIPLE STEPS BACKWARD & SCUFFS (4X)

- 1&2& Small steps backward (right, left, right), scuff left foot
- 3&4& Small steps backward (left, right, left), scuff right foot
- 5&6& Small steps backward(right, left, right), scuff left foot
- 7&8 Small steps backward (left, right, left)

VARIANT : Dance in circle :

This dance can be danced in circle; in the last section, by moving back, you move slightly towards the right to change partner :

SMALL TRIPLE STEPS & SCUFFS DIAGONALLY BACKWARD TO RIGHT

- 1&2& Small steps diagonally backward (right, left, right), scuff left foot
- 3&4& Small steps diagonally backward (left, right,left), scuff right foot
- 5&6& Small steps diagonally backward(right, left, right), scuff left foot
- 7&8 Small steps in place (left, right, left)

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