

THE POOKIE  
(Composed)

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As learned by Bruce Mitchell from Shlomo Bachar in the Spring of 1976. Put as much of your own style into the dance as you want.

MUSIC: Record: Stoneway #1102 B (45 rpm)

FORMATION: Individual dancers face head of hall.

MUSIC: 4/4

PATTERN

Meas. Ct.

12 48

INTRODUCTION

I. SIDE STEPS AND GRAPEVINE

1	1	Step on right to right
	2	Close left to right - no weight
	3	Step on left to left
	4	Close right to left - no weight
2	1	Step on right to right
	2	Step on left behind right
	3	Step on right to right
	4	Close left to right - no weight
3-4	1-8	Repeat meas 1-2 with opposite footwork and direction
5-8	1-16	Repeat measures 1-4

II. TWISTING TWO STEPS

1	1	Pivoting on ball of left foot, turn to a right diagonal and step right
	&	Step on left (stretching it back comfortably)
	2	Step on right foot in place
	3	Pivoting on ball of right foot, turn to a left diagonal and step left
	&	Step on right (stretching it back comfortably)
	4	Step on left foot in place
2-4	5-16	Repeat measure 1 three more times (four in total)

III. CHUGS

1	1	Step on right diagonal forward to right
	2	Step left across right
	3	Chug backward on left - right raised slightly behind
	4	Step backward on right
2	1	Step on left to left
	2	Step right across left
	3	Stamp left in place
	&	Stamp right in place
	4	Stamp left in place
3-8	1-24	Repeat measure 1 three more times (four in total)

*continued...*

THE POOKIE (continued)Meas. Ct.IV. FORWARD AND TWIST

- |     |      |  |
|-----|------|--|
| 1   | 1    | Walk forward on the right foot   |
|     | 2    | Walk forward on the left foot  |
|     | 3    | Walk forward on the right foot   |
|     | 4    | Touch the left foot forward and at the same time twist<br>the leg and hip to the right |
| 2   | 1    | Walk backward left   |
|     | 2    | Walk backward right  |
|     | 3    | Step left in place   |
|     | &    | Step right in place  |
|     | 4    | Step left in place   |
| 3-8 | 1-24 | Repeat measures 1-2 three more times (four in total)                                   |

Repeat the dance one more time.

Verbal cuing: I. side, touch  
side, touch  
side, back, side, touch  
(repeat three more times)

II. step, and, step (total of eight times)

III. step, cross, chug, back  
step, cross, 1, 2, 3  
(repeat three more times)

IV. walk, 2, 3, twist  
walk, back, 1, 2, 3  
(repeat three more times)

Presented by Bruce Mitchell