

## THE POOKIE

(Composed)

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.

Record: Stoneway #1102 B (45 rpm). 4/4/ meter. Individual dancers face head of hall.  
12 meas introduction

### I - Side Steps and Grapevine (1 step per ct)

meas 1 Step on R to R; close L to R; step on L to L; close R to L.

2 Step on R to R; step on L behind R; step on R to R; close L to R.

3-4 Repeat meas 1-2 with opp itwk and direction.

5-8 Repeat meas 1-4.

### II - Two Steps (this has a twisting motion without progressing, arms bent at waist).

1 Pivoting on ball of L ft turn to a R diag and step R (ct 1); step on L (stretching it back comfortably) (ct &); step on R in place (ct 2); repeat to L side (cts 3, &, 4).

2-4 Repeat same action 3 more times.

### III - Chugs

1 Step on R diag fwd R (ct 1); step L across R (ct 2); chug bkwd on L (ct 3); step bkwd on R (ct 4).

2 Step on L to L (ct 1); step R across L (ct 2); stamp in place L,R,L (ct 3, &, 4).

3-8 Repeat same action 3 more times.

### IV - Forward-Thrust

1 Walk fwd R,L,R (cts 1, 2, 3); turn body to R and thrust L hip and leg fwd (ct 4).

2 Walk bkwd L,R (cts 1, 2); step in place L,R,L (cts 3, &, 4).

3-8 Repeat same action 3 more times.