



GULP

Choreographers Akira & Sachiko Higashi (RD Apple) Tokyo, JAPAN
 Email akira.sachiko.higashi@gmail.com
 Music Gulp (Quickstep 50)Prandi Sound Orchestra **Mins: 2:32 Speed:95%**
 Download Available at Casa music
 Rhythm & Phase Quick Step Ph3 +1 (Qtr trns & Prog Chasse) SS QQS QQQQ
 Footwork Opposite unless noted (Woman's footwork in parentheses)
 Release May 2025
 Sequence Intro- A-Bridge-B-B-Am-B-Am(9-16)-B-End

Meas INTRO (4)

1-4 BFLY WALL Lead Foot Flee Wait 2 Meas;; Slow Twirl Vine 2; Walk & PU;

- 1-2 {Wait 2 Meas} Wait 2 measures;;
 3 {Slow Twirl Vine 2 } Sd L,-, XRib,- (W fwd trn R,-, bk trn L,-) ;
 4 {Walk & Pick Up} fwd L,-, thru PU R,- (W: sd fwd R,-, thru PU L,-) fc LOD;

Meas PART A (16)

1-8 Qtr Turn & Prog Chasse BJO Fwd;;; Step Hop x2; Fwd Lk Fwd; Manuv Sd Cl; Pivot 2 Fc LOD;

- 1-4 {Qtr Turn & Prog Chasse BJO Fwd} Fwd L,-, fwd R trn RF,-; sd L, cl R trn RF, sd L DW,-; bk R trn LF,-, sd L, cl R trn LF; sd & fwd L,-, outsd fwd,- end in BJO fc LOD;
 5 {Step Hop x2} Fwd L, hop L, fwd R, hop R; fwd L, hop L, fwd R, hop R;
 6 {Fwd Lk Fwd} Fwd L, lock R, fwd L,-;
 7 {Manuv Sd Cl} Fwd RF trn R,-, RF trn sd L, cl R end in CP fc RLOD;
 8 {Pivot 2 Fc LOD} Bk L piv RF,-, fwd R piv RF,- CP/ LOD;

9-16 Qtr Turn & Prog Chasse BJO Fwd;;; Step Hop x2; Fwd Lk Fwd; Manuv Sd Cl; Pivot 2 Fc LOD;

- 9-16 Repeat Part A 1-8

Meas BRIDGE (4)

1-4 Sway L & R;; Bal L & R;;

- 1-2 {Sway L & R} Sd left stretch L,-,-,- ; sd right stretch R,-,-,- ;
 3-4 {Bal L & R} Sd L, XRib, rec L,-; sd R, XLib, rec R,-;

Meas PART B (16)

1-8 Prog Scis x2 BJO Ck;; Fishtail; Walk fc; Strolling Vine;;;

- 1-2 {Prog Scis x2 BJO Ck} Sd L, cl R, XLif,-; sd R, cl L, XRif,-;
 3-4 {Fishtail Walk fc} XLib , sd R, fwd L, lk R; fwd L trn RF,-, Fwd R trn RF,-; CP fc WALL
 5-8 {Strolling Vine} Sd L,-, XRib,-; sd L, cl R, sd L trn LF,-; (CP fc COH) Sd R,-, XLib,-; sd R, cl L, sd R trn RF,- CP fc WALL;

9-16 2 Turning Two Steps fc WALL:: Slow Twisty Vine 4:: Traveling Box w/ One Twirl & PU:::

- 9-10 {2 Turning Two Steps fc WALL}
Sd L, cl R, sd RF trn L to CP COH,-; sd R, cl L, sd RF trn R,- CP fc WALL;
- 11-12 {Slow Twisty Vine 4} Sd & bk L,-, XRib,-; sd & fwd L,-, XRif CP fc WALL, -;
- 13-16 {Traveling Box w/ One Twirl & Pick Up} Sd L, cl R, fwd L,-; trn to rev SCP fwd R,-, fwd L to CP WALL,-; (W fwd LF trn L,-, bk LF trn R to Cp,-;) sd R, cl L, bk R to SCP LOD,-; fwd L,-, fwd R PU,- CP fc LOD;

PART B (16)

Meas PART Amod (16)

1-12 Qtr Turn & Prog Chasse BJO Fwd::: Step Hop x2: Fwd Lk Fwd: Manuv Sd Cl: Pivot 2 Fc LOD: Qtr Turn & Prog Chasse BJO Fwd:::

- 1-12 Repeat Mesa Part A 1-12

13-16 2 Turning Two Steps Fc LOD:: Bal L & R::

- 13-14 {2 Turning Two Steps Fc LOD} Sd L, cl R, sd RF trn L to CP COH,-; sd R, cl L, sd RF trn R,- CP fc LOD;
- 15-16 {Bal L & R} Sd L, XRib, rec L,-; sd R, XLib, rec R,-;

PART B (16)

PART Amod (9-16)

PART B (16)

Meas ENDING (11)

1-11 Slow Op Vine 4 to OP-LOD:: Charltn 4 Meas::: Slow Away Kick Fc Tch BFLY:: Vine 3 Tch: Wrap: Unwrap Disco Lunge Extend::

- 1-2 {Slow Op Vine 4 to OP-LOD} Sd L, -, XRIB, L-Op RLOD -; sd L, -, fc partner BFLY thru R, trn OP-LOD, -;
- 3-6 {Charleston 4 Meas} Fwd L,-, pt fwd R,-; bk R,-, pt bk L,-; Fwd L,-, pt fwd R,-; bk R,-, pt bk L,-;
- 7-8 {Slow Away Kick Fc Tch BFLY} Sd & fwd LF trn Op LOD L,-, cross kick R,-; rec sd & fwd RF trn fc R,-, tch L,- BFLY WALL;
- 9 {Vine 3 Tch} Sd L, XRib, sd L, tch R;
- 10 {Wrap} sd R, XLib, sd R, tch L (W sd & fwd LF trn L, bk trn R, sd & bk L, Tch R) wrap fc LOD;
- 11 {Unwrap to Disco Lunge} With jnd trail hands sd L, XRib, sd lunge L,- L hand on hip (W sd RF trn R, fwd RF trn L, sd lunge extend R hand Up) OP-LOD;

Gulp Quick Step Ph3+1

Coreo:Higashi

Head Cues**Int A-Bridge-B-B-Amod-B-Amod(9-16)-B-End****Intro 4**

BFLY WALL Lead Foot Free Wait 2 Meas;;

Slow Twirl Vine 2; Walk & Pu;

Part A 16

Qtr Turn & Prog Chasse;;; BJO Fwd; Step Hop x2; Fwd Lk Fwd; Manuv Sd Cl; Pivot 2 Fc LOD;

Qtr Turn & Prog Chasse;;; BJO Fwd; Step Hop x2; Fwd Lk Fwd; Manuv Sd Cl; Pivot 2 Fc LOD;

Bridge 4

Sway L & R;; Bal L & R;;

Part B 16

Prog Scis BJO Ck;; Fishtail; Walk fc; Strolling Vine;;;;

2 Turning Two Step fc WALL;; Slow Twisty Vine 4;; Traveling Box w/1 Twirl Pu;;;;

Part B 16

Prog Scis BJO Ck;; Fishtail; Walk fc; Strolling Vine;;;;

2 Turning Two Step fc WALL;; Slow Twisty Vine 4;; Traveling Box w/1 Twirl Pu;;;;

Part Am 16

Qtr Turn & Prog Chasse;;; BJO Fwd; Step Hop x2; Fwd Lk Fwd; Manuv Sd Cl; Pivot 2 Fc LOD;

Qtr Turn & Prog Chasse Fwd;;; 2 Turning Two Step Fc LOD;; Bal L & R;;

Part B 16

Prog Scis BJO Ck;; Fishtail; Walk fc; Strolling Vine;;;;

2 Turning Two Step fc WALL;; Slow Twisty Vine 4;; Traveling Box w/1 Twirl Pu;;;;

Part Am 9-16

Qtr Turn & Prog Chasse Fwd;;; 2 Turning Two Step Fc LOD;;

Bal L & R;;

Part B 16

Prog Scis BJO Ck;; Fishtail; Walk fc; Strolling Vine;;;;

2 Turning Two Step fc WALL;; Slow Twisty Vine 4;; Traveling Box w/1 Twirl Pu;;;;

END 11

Slow Op Vine 4 Op LOD;; Charleston 4 Meas;;; Slow Away Kick Fc Tch BFLY;; Vine 3 Tch Wrap;;

Unwrap to Disco Lun;