

Swingin' & Stompin'

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: DEE DEE Dougherty (USA) - April 2018

Musik: Amazing Grace - Charlie Rich

oder: The Right to Remain Silent - Doug Stone

oder: Tell Me Ma - Sham Rock

oder: Toss the Feathers - The Corrs



Alt. music: -

The Right To Remain Silent by Doug Stone; (Irish flavor;)

Tell Me Ma by Sham Rock;

Toss the Feathers by The Corrs (X-Mas;)

Swingin' Home For Christmas by Allen Jackson

STOMP, KICK & TRIPLES (R & L)

1- 2 Stomp right in place (no weight), Kick right out to the side

3&4 Triple in place stepping right, left, right

5- 6 Stomp left in place (no weight), Kick left out to the side

7&8 Triple in place stepping left, right, left

VINE/or SLIDE with TRIPLES (R & L) with LEFT 1/4 TURN

1- 2 Step right to side, Step left together /or Cross left behind right

3&4 Triple in place stepping right, left, right

5-6 Step left to side, Step right together /or cross right behind left

7&8 Triple in place Turning 1/4 left, stepping left, right, left

ROCK, RECOVER and TRIPLES (R & L) with 1/2 TURNS or (No Turn)

1- 2 Rock step forward right, recover weight to left

3&4 Triple R-L-R Turning 1/2 right /or Triple in place (No Turn)

5- 6 Rock step forward left, recover weight back to right

7&8 Triple L-R-L Turning 1/2 turn left/or Triple in place (No Turn)

POINT, FORWARD & SIDE and TRIPLES (R & L)

1- 2 Point/Touch right toe forward, Point/Touch right out to the side

3&4 Triple in place /stepping right, left, right

5- 6 Point/Touch left toe forward, Point/Touch left out to the side

7&8 Triple in place/stepping left, right, left

REPEAT

* Step sheet compliments of DANCE WITH DEE DEE.*