

# AB-Thump Factor

Count: 32

Wand: 4

Ebene: Absolute Beginner

Choreograf/in: Agnethe Hansen (DK) - September 2018

Musik: Thump Factor - Smokin' Armadillos : (iTunes)



**Intro: 16 counts**

## **Slow Chasse to right, touch left – Bag Rock – stomp - Stomp**

- 1 – 2 Step right to right side, step left beside right take weight on left
- 3 – 4 Step right to right side, touch left beside right
- 5 – 6 Rock back on left foot recover on right foot
- 7 – 8 Stomp left beside right foot, stomp right foot beside left foot

## **Slow Chasse to Left, touch right – Bag Rock – Stomp - Stomp**

- 1 – 2 Step left to left side, step right beside left take weight on right
- 3 – 4 Step left to left side, touch right beside left
- 5 – 6 Rock back on right foot, recover on left foot
- 7 – 8 Stomp right beside left foot, stomp left beside right foot

## **Walk back x 3 – Hitch left – Walk forward x 3 – Hitch right**

- 1 – 2 Walk back on right foot, walk back on left foot
- 3 – 4 Walk back on right foot, hitch left knee and clap
- 5 – 6 Walk forward on left, walk forward on right
- 7 – 8 Walk forward on left, Hitch right knee and clap

## **Vine Right -Touch left - Vine ¼ turn left – Touch right**

- 1 – 2 Step right foot to right side, Cross left foot behind right foot
- 3 – 4 Step right foot to right side, touch left toe beside right foot
- 5 – 6 Step left foot to left side, cross right foot behind left foot
- 7 – 8 Make a ¼ turn stepping forward on left foot and touch right toe beside left

**This dance is for Absolute Beginner and you can speed it up or slow down to alternative music**

**Hey, Soul Sister by: Train (slow for my handicap team)**

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