

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)
