

A Lot More Action

Count: 32

Wand: 2

Ebene: Beginner contra dance

Choreograf/in: Carlene Silva (USA)

Musik: A Little Less Talk and a Lot More Action - Toby Keith



Position: Men in one line, women in one line, start facing

During the hip bumps and rolls, the lines are together with individual men and women facing.

STEP/STOMPS, RIGHT VINE/STOMP

- 1 Step forward on right
- 2 Stomp left beside right, clap (stomp up)
- 3 Step back on left
- 4 Stomp right beside left, clap (stomp up)
- 5-6-7 Vine right (step right foot to right side, left foot behind right, step right foot to right side)
- 8 Stomp left beside right, clap (stomp up)

LEFT VINE/STOMP, KICKS, STEP/TOUCH

- 1-2-3 Vine left (step left foot to left side, right foot behind left, step left foot to left side)
- 4 Stomp right beside left, clap (stomp up)
- 5-6 Kick right foot forward twice
- 7 Step back on right
- 8 Touch left toe straight back (men should tip hats, women can curtsy)

STEP/SLIDE, ¼ TURN LEFT, HIP BUMPS

- 1 Step forward on left
- 2 Slide right up beside left
- 3 Step forward on left
- & ¼ turn left
- 4 Step right foot down approximately 12-16 inches from left, clap hands with person facing you
- 5-6 Bump hips right twice
- 7-8 Bump hips left twice

HIP ROLLS, WALK STEPS, ½ PIVOT LEFT, STOMP

- 1-4 Roll hips right, left, right, left (transfer weight to left on last roll)
- 5 Step ¼ turn right on right foot
- 6 Step forward on left
- 7 Step forward on right
- & ½ turn to left (keep weight on ball of right foot, raise left up while turning)
- 8 Stomp down on left slightly forward of right

REPEAT