

Mad Cow Stomp

Count: 32

Wand: 0

Ebene:

Choreograf/in: Tyoni Busch

Musik: Mary Lou - Southern Pacific



Position: Start in a circle facing line of dance with weight on left foot. To start the dance, count twenty beats of music (2 sets of 8 then count 1 2 3 4 as 5 6 7 8)

TOE FANS

- 1-2 Right toe fan out, in
- 3-4 Right toe fan out, in and change weight to right foot
- 5-6 Left toe fan out, in
- 7-8 Left toe fan out, in and change weight to left foot

CHARLESTON

- 1-2 Step forward right foot, lift left knee
- 3-4 Step back left foot, touch back right toe
- 5-6 Step forward right foot, lift left knee
- 7-8 Step left back, touch back right toe

VINE RIGHT VINE LEFT

- 1-2 Pivot $\frac{1}{4}$ wall (face inside circle) on weighted left foot and step right, hook behind left
- 3-4 Side right, touch left
- 5-6 Side left, hook behind right
- 7-8 Side left, touch right

STEP BRUSHES

- 1-2 Turn $\frac{1}{4}$ wall right (return to line of dance) stepping with right, brush through with left
- 3-4 Step left, brush right
- 5-6 Step right, brush left
- 7-8 Step left, weightless stomp with right bring feet together.

REPEAT

For a mixer, line up in 2 circles facing opposite LOD
