

Stampede Strut

Count: 64

Wand: 2

Ebene: Intermediate

Choreograf/in: John Robinson (USA)

Musik: Stampede Strut - Rick Tippe



STEP, PIVOT ½ LEFT, LEFT HEEL BOUNCE TWICE, HEEL SWITCHES, CLAP TWICE

- 1-2 Step right forward, pivot ½ left keeping weight on right, left ball of foot touching floor
3-4 Keeping weight on right foot, bounce left heel to floor twice
5&6& Left heel touch forward, left step home, right heel touch forward, right step home
7&8 Left heel touch forward, hold position/clap twice

HEEL STEP, SLIDE, HEEL STEP, SLIDE, SYNCOPATED SIDE POINTS, CLAP TWICE

On heel digs, step forward onto heel with toe raised, for fun, turn toe into right side, then rotate it out to left as you slide right foot forward.

- 1-2 Dig left heel forward, right slide forward with weight, instep to left heel
3-4 Dig left heel forward, right slide forward with weight, instep to left heel
5&6& Left toe point side left, left step home, right toe point side right, right step home
7&8 Left toe point side left, hold position/clap twice

STEP, PIVOT ½ RIGHT, RIGHT HEEL BOUNCE TWICE, HEEL SWITCHES, CLAP TWICE

- 1-2 Step left forward, pivot ½ right keeping weight on left, right ball of foot touching floor
3-4 Keeping weight on left foot, bounce right heel to floor twice
5&6& Right heel touch forward, right step home, left heel touch forward, left step home
7&8 Right heel touch forward, hold position/clap twice

HEEL STEP, SLIDE, HEEL STEP, SLIDE, SYNCOPATED SIDE POINTS, CLAP TWICE

On heel digs, step forward onto heel with toe raised, for fun, turn toe into left side, then rotate it out to right as you slide left foot forward

- 1-2 Dig right heel forward, left slide forward with weight, instep to right heel
3-4 Dig right heel forward, left slide forward with weight, instep to right heel
5&6& Right toe point side right, right step home, left toe point side left, left step home
7&8 Right toe point side right, hold position/clap twice

CROSS, POINT LEFT, CROSS, ¼ TURN LEFT/POINT RIGHT, CROSS & CROSS & CROSS, POINT LEFT

- 1-2 Right step across left, left toe point side left
3-4 Left step across right, pivot ¼ left off left foot while pointing right toe side right
5&6& Right step across left, left step side left, right step across left, left step side left
7-8 Right step across left, left toe point side left

WALK LEFT/RIGHT/LEFT, HITCH-BALL-STOMP, HITCH-BALL-STOMP, POINT RIGHT WITH CLAP

- 1-2-3 Step left forward, step right forward, step left forward
4&5 Right knee hitch, right step ball of foot next to left, left stomp in place with weight
6&7 Right knee hitch, right step ball of foot next to left, left stomp in place with weight
8 Right toe point side right/clap hands

CROSS, POINT LEFT, CROSS, ¼ TURN LEFT/POINT RIGHT, CROSS & CROSS & CROSS, POINT LEFT

- 1-2 Right step across left, left toe point side left
3-4 Left step across right, pivot ¼ left off left foot while pointing right toe side right
5&6& Right step across left, left step side left, right step across left, left step side left
7-8 Right step across left, left toe point side left

WALK BACK LEFT/RIGHT/LEFT, HITCH-BALL-STOMP, HITCH-BALL-STOMP, POINT RIGHT WITH CLAP

1-2-3 Step left back, step right back, step left back
4&5 Right knee hitch, right step ball of foot next to left, left stomp in place with weight
6&7 Right knee hitch, right step ball of foot next to left, left stomp in place with weight
8 Right toe point side right/clap hands

REPEAT
