

Stampede Strut

Count: 32

Wand: 2

Ebene: Intermediate

Choreograf/in: Lucy Strack (USA) & Betty Maddox (USA)

Musik: Cypress Grove - The GrooveGrass Boyz



SWIVEL HEELS, SLAP DOWN ON HEELS, INWARD KNEE POPS STEPPING FORWARD, CLAP (2X)

- 1-2 Swivel heels to left, swivel heels back to right
- 3&4 Swivel heels to left then center, slap heels down
- 5 Pop right knee inward while touching toes ahead of left foot
- & Step down on right foot
- 6 Pop left knee inward while touching toes ahead of right foot
- & Step down on left foot
- 7 Pop right knee inward while touching toes ahead of left foot
- &8 Clap hands twice by left side of head

Move forward with each knee pop, step down sequence

RIGHT KICK-CROSS-TOUCH, LEFT KICK-CROSS-TOUCH, SWEEP RIGHT FOOT ½ TURN RIGHT, LEFT HEEL JACK

- 1&2 Kick right forward & step right across left, touch left toes to the left
- 3&4 Kick left forward & step left across right, touch right toes to the right
- 5-6 Touch right toes over left foot, sweep right foot making ½ turn right
- &7 Step back right, present left heel forward
- &8 Return left back to place, touch right toes next to left

KICKS, BOUNCES ½ TURN LEFT, LEFT COASTER, ½ TURN LEFT

- 1& Kick right foot forward, return to place
- 2& Kick left foot forward, step down moving slightly forward
- 3&4 Step right foot forward & bounce on heels twice making a ½ turn left
- 5&6 Step back left & step right beside left, step forward left
- 7-8 Step right foot forward, making a ½ pivot turn to the left

RIGHT MAMBO, LEFT MAMBO, PUNCHES, COUNTER TO THE RIGHT UPPER BODY ROTATION

- 1&2 Side step right & side rock onto left, step right beside left
- 3&4 Side step left & side rock onto right, step left beside right
- 5-6 Punch right fist out at chest level, punch left fist out at chest level
- 7&8 Rotate upper body counter to the right left & center, right

REPEAT
