

# Carolina Stomp

Count: 60

Wand: 4

Ebene:

Choreograf/in: Donna Mussman (USA) & Greg Underwood (USA)

Musik: Hard Workin' Man - Brooks & Dunn



## TOE/HEEL DROPS

- 1 Step forward on right toes
- 2 Step down in place on right heel
- 3 Step forward on left toes
- 4 Step down in place on left heel
- 5 Step forward on right toes
- 6 Step down in place on right heel
- 7 Step forward on left toes
- 8 Step down in place on left heel

## POLKA, POLKA WITH ¼ TURN

- 9&10 Shuffle forward right, left, right
- 11&12 Shuffle forward left, right, left turning ¼ left on beat 12

## FLEA HOPS

- &13 Bring right knee up, step back right
- &14 Bring left knee up, step back left
- &15 Bring right knee up, step back right
- &16 Bring left knee up, step back left

Progress slightly backward while doing this move with weight bearing foot hopping slightly back each time.

## KICK-BALL-CHANGE, SCUFF, HOP/TURN, STEP

- 17&18 Kick right foot forward, place ball of right foot beside left, shift weight to left
- 19&20 Scuff right, turn ¼ left and hop on left foot, step right beside left

## SHUFFLE, KICK-BALL-CHANGE

- 21&22 Shuffle in place left, right, left
- 23&24 Kick right foot forward, place ball of right foot beside left, shift weight to left

## SCUFF, HOP/TURN, STEP, SHUFFLE IN PLACE

- 25&26 Scuff right, turn ¼ left and hop on left foot, step right beside left
- 27&28 Shuffle in place left, right, left

## JAZZ BOXES

- 29 Step on right after crossing it in front of left
- 30 Step back on left
- 31 Step to right on right
- 32 Scuff left beside right
- 33 Step on left after crossing it in front of right
- 34 Step back on right
- 35 Step to left on left
- 36 Stomp right beside left

## SYNCOPATED SIDE STEPS

- &37 Step to right on right, step left beside right
- 38 Hold

- &39 Step to right on right, step left beside right  
40 Hold  
&41 Bump left heel against right heel, step left in place  
42 Step right in place  
&43 Bump left heel against right heel, step left in place  
44 Step right in place  
&45 Step to left on left, step right beside left  
46 Hold  
&47 Step to left on left, step right beside left  
48 Hold  
&49 Bump right heel against left heel, step right in place  
50 Step left in place  
&51 Bump right heel against left heel, step right in place  
52 Step left in place

**STEP, PIVOT ½, PIVOT ½, PIVOT ½, REPEAT**

- 53 Step forward right on right  
54 Swivel on balls of feet ½ turn to left  
55 Swivel on ball of left foot and step on right ½ to right  
56 Swivel on ball of right foot and step ½ turn to left  
57 Step forward right on right  
58 Swivel on balls of feet ½ turn to left  
59 Swivel on ball of left foot and step on right ½ to right  
60 Swivel on ball of right foot and step ½ turn to left

**Feet remain shoulder width apart during this move**

**REPEAT**

---