

Stomp & Spin

Count: 32

Wall: 1

Level: Beginner

Choreographer: Wendy Haggerty (USA) - December 2017

Music: Dance Above the Rainbow - Ronan Hardiman : (St. Patrick's Day)



Alt. music: The Dreidel Song, Jeff Wolpert (Hanukkah)

STOMP, KICK, WIGGLE, STOMP KICK WIGGLE

- 1-2 Stomp right foot, kick right foot
- 3&4 Wiggle body
- 5-6 Stomp left foot, kick left foot
- 7&8 Wiggle body

(for balance concerns substitute a second stomp for the kicks)

OUT, OUT, KNEE DIPS, IN, IN, KNEE DIPS

- 1 Step right foot out to right side
- 2 Step left foot out to left side
- 3-4 Dip knees down and come back up
- 5 Step right foot in
- 6 Step left foot in next to right
- 7-8 Dip knees down and come back up

EGGBEATERS, FLASH

- 1&2 Lean right and roll forearms over one another in front of chest
- 3-4 Lean back toward left and open arms
- 5&6 Lean left and roll forearms over one another in front of chest
- 7-8 Lean back toward right and open arms

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NOTE: this dance was choreographed in support of people with Parkinson's Disease. It is appropriate for people with Parkinson's and other neuromuscular challenges but can be danced by anyone. All rights reserved. Please do not alter this step sheet in any way. If you would like to use it on your website please make sure it is in its original format and include all contact details on this script. Enjoy and spice it up!

Contact choreographer: Whaggerty2016@gmail.com/www.ZestYogaAndFitness.com