

# Stomp It Out Now

Count: 48

Wall: 4

Level: Intermediate

Choreographer: Rob Fowler (ES) & Ivonne Verhagen (NL) - July 2019

Music: Stomp It Out by the Farm



Dance starts on vocals after 32 counts

## SECTION 1: TOE HEEL STOMP (2X), MAMBO FORWARD, SHUFFLE BACK

- 1&2 Touch Right Toe Diagonally Forward (Heel Out), Touch Right Heel Diagonally Forward (Toe Out), Stomp RF
- 3&4 Touch Left Toe Diagonally Forward(Heel Out), Touch Left Heel Diagonally Forward(Toe Out), Stomp LF
- 5&6 RF rock forward, LF recover on LF, RF step back
- 7&8 LF step back, RF close to RF, LF step back

## SECTION 2: COASTER STEP, SHUFFLE FORWARD, SIDE ROCK & CROSS SIDE ROCK & POINT SIDE

- 1&2 RF step back, LF close to LF, RF step forward
- 3&4 LF step forward, RF close to LF, LF step forward
- 5&6 RF rock right to R side, LF recover on LF, RF cross over LF
- &7&8 LF rock left to L side, RF recover on RF, LF cross over RF, RF point to right side

## SECTION 3: JAZZ BOX, CHASSE RIGHT, BACK ROCK & STEP OUT

- 1,2,3,4 RF cross over LF, LF step back, RF step side, LF cross over rf
- 5&6 RF step side, LF close to RF, RF step side
- 7&8 LF rock back, RF recover weight on RF, LF step out

## SECTION 4: STOMP, STOMP, HEEL GRIND, STOMP, STOMP, HEEL GRIND, SAILOR STEP, SAILOR ½ LEFT (FINISH STOMP)

- 1&2 Stomp RF x2, grind RF stepping LF to Left
- 3&4 Stomp RF x2, grind RF stepping LF to Left
- \*\* Restart in wall 3**
- 5&6 RF Cross behind LF, LF step side, RF step side
- 7&8 ½ Turn left & LF cross behind RF, RF step side, LF stomp side (song says "HEY") (6h)

## SECTION 5: SIDE ROCK & CROSS, BACK JAZZ, SIDE TOUCH & SIDE TOUCH, TURNING HEEL AND TOE SYNCOPATION

- 1&2 RF rock right to the side, LF recover weight on LF, RF cross over LF
- 3&4 LF step diagonal back, RF step side, LF cross over RF
- 5&6 RF touch toe to the right side, RF step in place, LF touch toe to the left side
- &7&8 Make a ¼ turn left stepping left foot next to right foot, touch right toe back, step right foot next to left foot, touch left heel forward (3h)

## SECTION 6: FINISH TURNING HEEL AND TOE SYNCOPATION, PIVOT ½ 2X

- &1&2 Step left foot next to right foot, touch right heel forward, ¼ turn left & step right foot next to left foot, touch left toe back (12h)
- &3&4& Make a ¼ turn left stepping left foot next to right foot, touch right toe back, step right foot next to left foot, touch left heel forward (9h) Step LF in place.
- 5,6 RF step forward, ½ turn left (weight ends on LF) (3h)
- 7,8 RF step forward, ½ turn left (weight ends on LF) (9h)

**\*\* Restart in wall 3 after count 28**

Have Fun!

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