

# The "My Town" Stomp

Count: 48

Wall: 1

Level: Intermediate

Choreographer: Gloria Johnson (USA)

Music: My Town - Montgomery Gentry



Counts 25-48 are the exact reverse or mirror image of counts 1-24

Thank you to 99.9 Frog WGNE-FM in Daytona Beach for the idea for the name of this dance and for all of your support over the years

Insert the name of your town between the quotation marks! (e.g., The Sanford Stomp, The Orlando Stomp, The Knoxville Stomp, etc)

## CROSSOVER CHASSE TO LEFT

- 1&2 Cross-step right over left, step left to left side, cross-step right over left  
&3-4 Step left to left side, cross-step right over left, stomp left foot up  
5&6 Cross-step left over right, step right to right side, cross-step left over right  
&7-8 Step right to right side, cross-step left over right, stomp right foot up

## SAILOR SHUFFLES, KICK-BALL-CHANGES WITH HEEL BOUNCES

- 9&10 Cross-step right behind left, step left slightly left, step on right  
11&12 Cross-step left behind right, step right slightly right, step on left  
13&14 Kick right forward, step on right, step on left slightly apart from right  
15-16 Bounce heels twice

## MODIFIED MONTEREY, SHUFFLE, PIVOT TURN

- 17-18 Point right to right side, pivot  $\frac{1}{2}$  right on ball of left shifting weight to right  
19-20 Point left to left side, pivot  $\frac{1}{4}$  left on ball of right shifting weight to left  
21&22 Step right forward, step left together, step right forward  
23-24 Step left forward, pivot  $\frac{1}{2}$  turn right shifting weight to right

## CROSSOVER CHASSE TO RIGHT

- 25&26 Cross-step left over right, step right to right side, cross-step left over right  
&27-28 Step right to right side, cross-step right over left, stomp right foot up  
29&30 Cross-step right over left, step left to left side, cross-step right over left  
&31-32 Step left to left side, cross-step right over left, stomp left foot up

## SAILOR SHUFFLES, KICK-BALL-CHANGES WITH HEEL BOUNCES

- 33&34 Cross-step left behind right, step right slightly right, step on left  
35&36 Cross-step right behind left, step left slightly left, step on right  
37&38 Kick left forward, step on left, step right slightly apart from left  
39-40 Bounce heels twice

## MODIFIED MONTEREY, SHUFFLE, PIVOT TURN

- 41-42 Point left toe to left side, pivot  $\frac{1}{2}$  turn left on ball of right shifting weight to left  
43-44 Point right toe to right side, pivot  $\frac{1}{4}$  turn right shifting weight to right  
45&46 Step left forward, step right together, step left forward  
47-48 Step right forward, pivot  $\frac{1}{2}$  turn left shifting weight to left foot

## REPEAT