

Stomp 'n Shuffle

Count: 32

Wall: 4

Level:

Choreographer: Jann Rattley (AUS)

Music: Lost In the Shuffle - Michael Peterson



STOMP FORWARD, KICK, STOMP FORWARD, KICK

- 1-2 Stomp right foot forward, kick left foot forward
3-4 Stomp left foot forward, kick right foot forward

SHUFFLE BACK, SHUFFLE BACK

- 5&6 Step back on right foot, step left together, step back on right foot
7&8 Step back on left foot, step right together, step back on left foot

HEEL TOGETHER, HEEL TOGETHER

- 9-10 Place right heel 45 degrees right, return
11-12 Place left heel 45 degrees left, return

TAP, STOMP, STOMP, HOLD

- 13-14 Tap right toe by left with knee turned in, stomp right foot
15-16 Stomp left foot to left side, hold

HIPS RIGHT TWICE, HIPS LEFT TWICE

- 17&18 Swing hips, right & right
19&20 Swing hips, left & left

TWIST RIGHT-LEFT-RIGHT-LEFT

- 21-22 Twist heels right-left
23-24 Twist heels right-left

SHUFFLE RIGHT, STEP BEHIND AND ROCK

- 25&26 Step right to side, left together, step right to side
27-28 Step left behind right, rock forward on right

STEP, BEHIND, TURN LEFT AND SHUFFLE

- 29-30 Step left to side, step right behind left
31&32 Turning ¼ turn step forward left, step right together, step forward left

REPEAT

FOR FUN:

- On first wall snap fingers on count 2, clap hands on count 4
On second wall snap fingers on count, 2 and 4
On third wall snap fingers on count 2, clap hands on count 4
On fourth wall clap hands on counts 2 and 4
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