Compte: 32
Mur: 2
Niveau: Intermediate
Chorégraphe: Rick Bates (USA) \& Deborah Bates (USA) Musique: Stampede Strut - Rick Tippe

SYNCOPATED JUMP BACK, HOLD, HEEL TAPS, WALKING KNEE POPS, SYNCOPATED CLAPS
\&1-2 Jump back onto right foot; jump back onto left foot next to right; hold
3-4 With feet in place tap heels of both feet twice
5-6 Step forward onto ball of right foot bending knee slightly forward; lower right heel and straighten right knee while stepping forward onto ball of left foot bending knee slightly forward 7\&8 Lower left heel and straighten left knee while stepping forward onto ball of right foot bending knee slightly forward; hold and clap hands twice

## TURNING KNEE POP, HOLD, WALKING KNEE POP, HOLD, SYNCOPATED DIAGONAL CROSS STEPS, HOLDS

9-10 Step a $1 / 4$ turn to the left (to the left) onto ball of left foot bending knee slightly forward while straightening right knee; hold
11-12 Lower left heel and straighten left knee while stepping forward onto ball of right foot bending knee slightly forward; hold
\&13-14 Step back and diagonally to the left on left foot; cross right foot over left and step; hold
\&15-16 Step back and diagonally to the left on left foot; cross right foot over left and step; hold
SIDE PUSH STEP, CROSS, HOLD, SQUAT, UNWIND
17-18 Step to the left on ball of left foot; push off of left foot and rock onto right foot in place
19-20 Cross left foot over right and step; hold
Place arms out to sides at waist level, palms facing down for counts 21-22
21-22 With legs crossed, bend knees and lower body; straighten knees and stand upright
23-24 Unwind $1 / 2$ turn to the right on these two beats
TOE TOUCH, CROSS, UNWIND, DIAGONAL PUSH STEPS
25-26 Touch right toe to the right; cross right foot over left
Option: For high energy dancers replace counts 25-26 with the following
25 Jump feet about shoulder width apart
26 Jump and cross right foot over left
27-28 Unwind $3 / 4$ turn to the left on these two counts
29\&30 Step back and diagonally to the right on right foot; push off of right foot and rock onto left foot in place; step right foot next to left
31\&32 Step back and diagonally to the left on left foot; push off of left foot and rock onto right foot in place; step left foot next to right

REPEAT

