

Bar Fly Stomp

Compte: 64

Mur: 2

Niveau: Intermediate

Chorégraphe: Lana Harvey (USA)

Musique: Another Good Reason - Alan Jackson



FORWARD STOMP FANS

- 1 Stomp left forward, toe pointing 45 to right side
- 2 Fan left toe to 45 left, putting weight on left
- 3 Stomp right forward, toe pointing 45 to left side
- 4 Fan right toe to 45 right, putting weight on right
- 5-8 Repeat 1-4

FORWARD ROCK, HOLD, BACK, HOLD, STEP-SLIDE-STEP/½ TURN

- 9-10 Stomp forward onto left, hold
- 11-12 Rock back onto right, hold
- 13 Turning ¼ left, step left to left side
- 14 Slide right to left, weight on it.
- 15-16 Turning ¼ left, step forward on left, hold.

FORWARD STOMP FANS

- 17 Stomp right forward, toe pointing 45 to left side
- 18 Fan right toe to 45 right, putting weight on right
- 19 Stomp left forward, toe pointing 45 to right side
- 20 Fan left toe to 45 left, putting weight on left
- 21-24 Repeat 17-20

FORWARD ROCK, HOLD, BACK, HOLD, STEP-SLIDE-STEP/½ TURN

- 25-26 Stomp forward onto right, hold
- 27-28 Rock back onto left, hold
- 29 Turning ¼ right, right to right side
- 30 Slide left to right, weight on it
- 31-32 Turning ¼ right, step forward on right, hold

STEP-SLIDE-STEP, SCUFF, STEP, SCUFF, STEP SCUFF

- 33-34 Step left to left, slide right to left, weight on it
- 35-36 Step left to left, scuff right heel forward
- 37-38 Step right next to left, scuff left heel forward
- 39-40 Step left next to right, scuff right heel forward

STEP-SLIDE-STEP/¼ RIGHT, SCUFF, STEP, SCUFF, STEP/¼ RIGHT, SCUFF

- 41-42 Step right to right
- 42 Slide left to right, weight on it
- 43 Step right to right turning ¼ right
- 44 Scuff left heel forward
- 45 Step forward on left
- 46 Scuff right heel forward
- 47 Step right forward ¼ turn to right
- 48 Scuff left heel forward

FORWARD ROCK, RECOVER, BACK HITCH/SCOOTERS

- 49-50 Rock forward on left, rock back onto right

51-52 Step back left, hitch right knee and scoot back on left
53-54 Step back right, hitch left knee and scoot back on right
55-56 Step back, rock forward onto right.

Easier option: on 51-54, just step back and hitch, leaving out the scoots.

BACK ROCK, STEP, SCUFF, HEEL, HITCH/SCOOT, HEEL, HOLD

57-58 Step forward on left, scuff right heel forward
59-60 Cross step right over left, scoot back on right.
61-62 Cross left over right, scoot back on left.
63-64 Stomp right next to left, weight on it, hold

Easier option, 59-62: cross, hold, cross, hold.

REPEAT
