

Stomp It Out

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Lilian Lo (HK) - January 2019
音乐: Stomp by Boomket – A Million Trillion Stars (3.09 mins)



Intro: 16 counts (9 seconds from the start of track)

(1 – 8) Twist, ball, cross, Cuban break, cross

1&2 RF press on ball, heel in (1), twist R heel out (&), twist R heel in (2)
3&4 Hold (3), LF closed to RF (&), RF cross over LF, strong hip rotation, LF pointing at 9:00 (4)
5&6& LF cross over RF (5), replace on RF (&), LF rock L (6), replace on RF (&)
7,8 LF cross over RF (7), RF cross over LF, strong hip rotation (8)

(9 – 16) Side, cross, side, cross, side, cross behind, unwind, out, out

1&2& Hold (1), LF step to side (&), RF cross over LF (2), LF step to side (&)
3,4,5,6 RF cross over LF (3), LF step to side (4), RF cross behind LF (5) unwind ½ turn R (6) @6:00
7&8 Hold (7), RF step out to side (&), LF step out to side (8)

(17 – 24) Elvis rock, ¾ R, ¼ R, body roll, close side

1& RF side tap, R knee bent in, L leg straight (1), replace on RF (&)
2& LF side tap, L knee bent in, R leg straight (2), replace on LF (&)
3 RF side tap, R knee bent in, L leg straight, turn upper body L to prepare to turn (3)
4 Spiral turn ¾ R (4) @3:00
5,6 RF step forward (5), ¼ R, LF tap to side, body roll (6) @6:00
7&8 Complete body roll ending with weight on LF (7), RF closed to LF (&), LF step to side (8)

(25 – 32) Elvis rock, ¼ R, rock, replace, back, ¼ R, ¼ R

1& RF side tap, R knee bent in, L leg straight (1), replace on RF (&)
2& LF side tap, L knee bent in, R leg straight (2), replace on LF (&)
3,4 RF side tap, R knee bent in, L leg straight (3), ½ turn R, RF closed to LF @12:00
5,6 LF rock forward (5), replace on RF (6)
7&8 LF back (7), ¼ turn R, step RF to side (&), ¼ turn R, LF step forward (8) @6:00

Last Update - 10 Jan. 2019