

Stomp It Out Now

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Rob Fowler (ES) & Ivonne Verhagen (NL) - July 2019
音乐: Stomp It Out by the Farm



Dance starts on vocals after 32 counts

SECTION 1: TOE HEEL STOMP (2X), MAMBO FORWARD, SHUFFLE BACK

1&2 Touch Right Toe Diagonally Forward (Heel Out), Touch Right Heel Diagonally Forward (Toe Out), Stomp RF
3&4 Touch Left Toe Diagonally Forward(Heel Out), Touch Left Heel Diagonally Forward(Toe Out), Stomp LF
5&6 RF rock forward, LF recover on LF, RF step back
7&8 LF step back, RF close to RF, LF step back

SECTION 2: COASTER STEP, SHUFFLE FORWARD, SIDE ROCK & CROSS SIDE ROCK & POINT SIDE

1&2 RF step back, LF close to LF, RF step forward
3&4 LF step forward, RF close to LF, LF step forward
5&6 RF rock right to R side, LF recover on LF, RF cross over LF
&7&8 LF rock left to L side, RF recover on RF, LF cross over RF, RF point to right side

SECTION 3: JAZZ BOX, CHASSE RIGHT, BACK ROCK & STEP OUT

1,2,3,4 RF cross over LF, LF step back, RF step side, LF cross over rf
5&6 RF step side, LF close to RF, RF step side
7&8 LF rock back, RF recover weight on RF, LF step out

SECTION 4: STOMP, STOMP, HEEL GRIND, STOMP, STOMP, HEEL GRIND, SAILOR STEP, SAILOR ½ LEFT (FINISH STOMP)

1&2 Stomp RF x2, grind RF stepping LF to Left
3&4 Stomp RF x2, grind RF stepping LF to Left
**** Restart in wall 3**
5&6 RF Cross behind LF, LF step side, RF step side
7&8 ½ Turn left & LF cross behind RF, RF step side, LF stomp side (song says "HEY") (6h)

SECTION 5: SIDE ROCK & CROSS, BACK JAZZ, SIDE TOUCH & SIDE TOUCH, TURNING HEEL AND TOE SYNCOPATION

1&2 RF rock right to the side, LF recover weight on LF, RF cross over LF
3&4 LF step diagonal back, RF step side, LF cross over RF
5&6 RF touch toe to the right side, RF step in place, LF touch toe to the left side
&7&8 Make a ¼ turn left stepping left foot next to right foot, touch right toe back, step right foot next to left foot, touch left heel forward (3h)

SECTION 6: FINISH TURNING HEEL AND TOE SYNCOPATION, PIVOT ½ 2X

&1&2 Step left foot next to right foot, touch right heel forward, ¼ turn left & step right foot next to left foot, touch left toe back (12h)
&3&4& Make a ¼ turn left stepping left foot next to right foot, touch right toe back, step right foot next to left foot, touch left heel forward (9h) Step LF in place.
5,6 RF step forward, ½ turn left (weight ends on LF) (3h)
7,8 RF step forward, ½ turn left (weight ends on LF) (9h)

**** Restart in wall 3 after count 28**

Have Fun!

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