

Stomping Ground EZ

COPPERKNOB
STEPSHEETS

拍数: 24
编舞者: Kirston Cox (NZ) - August 2024
音乐: Stomping Ground - Hayley Jensen

墙数: 2

级数: Absolute Beginner / Beginner



Start the dance after 8 counts.

NO TAGS OR RESTARTS – I could have put restarts in but decided to dance through them to make it easier for beginners. Absolute beginner options below.

Section 1 – JUMPING V STEP FWD, STEP R BACK, L HEEL DIG, STEP L BACK, R HEEL DIG

&1-2 Hop R forward, step L next to R, hold (clap)
&3-4 Hop R back, step L next to R, hold (double clap)
5-6 Step R back, touch L heel forward (clap)
7-8 Step back, touch R heel forward (double clap)

Section 2 – SHUFFLE FWD x2 (R,L,R THEN L,R,L), ¼ PADDLE TURNS L x2

1-2 Step R forward, step L beside R, step R forward
3-4 Step L forward, step R beside L, step L forward
5-6 Step R forward, pivot quarter turn to L
7-8 Step R forward, pivot quarter turn to L

Section 3 – R HEEL, L HEEL, R TOE, L HEEL, PIVOT ½ TURN L x2

1&2& Touch R heel forward, step R beside L, touch L heel forward, step L beside R
3&4& Touch R toe beside L, step R beside L, touch L heel forward, step L beside R
5-6 Step R forward, pivot half turn to L
7-8 Step R forward, pivot half turn to L

ABSOLUTE BEGINNER ALTERNATIVES

Section 1 – V STEP FWD, STEP R BACK, L HEEL DIG, STEP L BACK, R HEEL DIG

1-4 Step R diagonally forward, step L diagonally forward, step R back, step L beside R
5-8 Step R back, touch L heel forward (clap), step L back, touch R heel forward (double clap)

Section 2 – STEP R FWD, TOUCH L, STEP L FWD, TOUCH R, ¼ PADDLE TURNS L x2

1-4 Step R forward, touch L beside R, step L forward, touch R beside L
5-8 Step R forward, pivot quarter turn to L, step R forward, pivot quarter turn to L

Section 3 – HEELS FWD x2 (R, L), R ROCKING CHAIR

1-4 Touch R heel forward, step R beside L, touch L heel forward, step L beside R
5-8 Step R forward rocking weight forward, recover weight on L, step R back rocking weight backwards, recover weight on L

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Last Update: 9 Aug 2024