

The "My Town" Stomp

拍数: 48 墙数: 1 级数: Intermediate
编舞者: Gloria Johnson (USA)
音乐: My Town - Montgomery Gentry



Counts 25-48 are the exact reverse or mirror image of counts 1-24

Thank you to 99.9 Frog WGNE-FM in Daytona Beach for the idea for the name of this dance and for all of your support over the years

Insert the name of your town between the quotation marks! (e.g., The Sanford Stomp, The Orlando Stomp, The Knoxville Stomp, etc)

CROSSOVER CHASSE TO LEFT

1&2 Cross-step right over left, step left to left side, cross-step right over left
&3-4 Step left to left side, cross-step right over left, stomp left foot up
5&6 Cross-step left over right, step right to right side, cross-step left over right
&7-8 Step right to right side, cross-step left over right, stomp right foot up

SAILOR SHUFFLES, KICK-BALL-CHANGES WITH HEEL BOUNCES

9&10 Cross-step right behind left, step left slightly left, step on right
11&12 Cross-step left behind right, step right slightly right, step on left
13&14 Kick right forward, step on right, step on left slightly apart from right
15-16 Bounce heels twice

MODIFIED MONTEREY, SHUFFLE, PIVOT TURN

17-18 Point right to right side, pivot $\frac{1}{2}$ right on ball of left shifting weight to right
19-20 Point left to left side, pivot $\frac{1}{4}$ left on ball of right shifting weight to left
21&22 Step right forward, step left together, step right forward
23-24 Step left forward, pivot $\frac{1}{2}$ turn right shifting weight to right

CROSSOVER CHASSE TO RIGHT

25&26 Cross-step left over right, step right to right side, cross-step left over right
&27-28 Step right to right side, cross-step right over left, stomp right foot up
29&30 Cross-step right over left, step left to left side, cross-step right over left
&31-32 Step left to left side, cross-step right over left, stomp left foot up

SAILOR SHUFFLES, KICK-BALL-CHANGES WITH HEEL BOUNCES

33&34 Cross-step left behind right, step right slightly right, step on left
35&36 Cross-step right behind left, step left slightly left, step on right
37&38 Kick left forward, step on left, step right slightly apart from left
39-40 Bounce heels twice

MODIFIED MONTEREY, SHUFFLE, PIVOT TURN

41-42 Point left toe to left side, pivot $\frac{1}{2}$ turn left on ball of right shifting weight to left
43-44 Point right toe to right side, pivot $\frac{1}{4}$ turn right shifting weight to right
45&46 Step left forward, step right together, step left forward
47-48 Step right forward, pivot $\frac{1}{2}$ turn left shifting weight to left foot

REPEAT
