

One Fat Lady

COPPER KNOB
STEPSHEETS

拍数: 24 墙数: 4 级数: Improver
编舞者: Harold Grimshaw (UK)
音乐: Foot Stomp Stompin' - The Tractors



HEEL SWITCHES, HOLD, SWIVETS, KNEES BEND

1& Dig right heel forward, step right next to left
2& Dig left heel forward, step left next to right
3-4 Dig right heel forward, hold (clap twice) with weight on right heel & left toes
5 Swing right toes to right (left heel to left)
6 Swing right toes to center (left heel to center)
7 Swing right toes to right (left heel to left)
8 Swinging feet to center, bend knees

¼ TURN STOMPS, STEP/PIVOT ½ RIGHT, FORWARD STOMPS, HOLD

9 Stomp right forward ¼ to right
10-11 Stomps forward (left, right)
12-13 Step forward on left, pivot ½ right
14-15 Stomps forward (left, right)
16 Hold (clap twice)

FORWARD STOMPS, STEP/PIVOT ½ LEFT, FORWARD STOMPS, HOLD

17-19 Stomps forward (left, right, left)
20-21 Step forward on right, pivot ½ left
22-23 Stomps forward (right, left)
24 Hold (clap twice)

REPEAT

TAG

Six count pause at the end of the dance facing back wall third time around (on repetition of the word "dance")
Option: six stomps (right, left, right, left, right, left)
