

Stomp It Out

拍数: 32 墙数: 2 级数: Beginner
编舞者: Heidi Angelika Scott (NOR)
音乐: Stomp - Michael Peterson



STOMP RIGHT-LEFT IN PLACE, RIGHT SHUFFLE FORWARD, STOMP LEFT-RIGHT IN PLACE, LEFT SHUFFLE BACK

1-2 Stomp right in place, stomp left in place
3&4 Right shuffle forward stepping right, left, right
5-6 Stomp left in place, stomp right in place
7&8 Left shuffle back stepping left, right, left

RIGHT TOE POINTS X4, RIGHT CHA-CHA, LEFT TOE POINTS X4, LEFT CHA-CHA

1&2& Point the toes on the right foot forward tapping them four times moving out to the right side
3&4 Right cha-cha stepping right, left, right
5&6& Point the toes on the left foot forward tapping them four times moving out to the left side
7&8 Left cha-cha stepping left, right, left

TOUCH RIGHT TOE FORWARD-STOMP RIGHT, TOUCH LEFT TOE FORWARD-STOMP HEELS IN, TOES IN, HEELS IN, TOES IN, STOMP RIGHT, STOMP LEFT

1-2 Touch the toes of the right foot forward on the right diagonal, stomp right foot in the same place
3-4 Touch the toes on the left foot forward on the left diagonal, stomp left foot in the same place
5&6& Move heels on both feet in a little towards the center, toes in, heels in, toes in (both feet are now in center)
7-8 Stomp right, stomp left

ROCK RIGHT FORWARD, RECOVER, RIGHT SHUFFLE TURN, ROCK LEFT FORWARD, RECOVER, LEFT CHA-CHA

1-2 Rock forward on right, recover on left
3&4 Do a half turn over right shoulder with a right shuffle, stepping right, left, right
5-6 Rock forward on left, recover on right
7&8 Left cha-cha stepping left, right, left

REPEAT
