

Stomp 3 Times

拍数: 120 墙数: 0 级数:
编舞者: ShaBeDa
音乐: Stomp 3 Times - Magill



CROSS, SIDE, SAILOR STEP, CROSS, SIDE, SAILOR STEP

1-2 Cross step left over right, step right to right side
3&4 Cross step left behind right, step right to right side, step left to left side
5-6 Cross step right over left, step left to left side
7&8 Cross step right behind left, step left to left side, step right to right side

CROSS, TOUCH & CROSS SHUFFLE, STEP ¼, STEP ½ PIVOT, STEP ¼ RIGHT

1-2& Cross step left over right, touch right beside left, step right foot beside left
3&4 Cross step left over right, step right to right side, cross step left over right
5-6 Make a ¼ turn right stepping right foot forward, step left foot forward
7-8 Pivot ½ turn right, make ¼ turn right stepping left to left side

CROSS, TOUCH & CROSS SHUFFLE, ROCK RECOVER, BEHIND SIDE CROSS

1-2& Cross step right over left, touch left beside right, step left foot to left side
3&4 Cross step right over left, step left to left side, cross step right over left
5-6 Rock left out to left side, recover weight onto right
7&8 Cross step left behind right, step right to right side, cross step left over right

ROCK, RECOVER, BEHIND, SIDE CROSS, STEP, PIVOT ½ TURN RIGHT SHUFFLE FORWARD LEFT

1-2 Rock right to right side, recover weight on to left
3&4 Cross step right behind left, step left to left side, cross step right over left
5-6 Step forward on left, pivot ½ turn right
7&8 Shuffle forward left stepping left, right, left

SIDE, TOUCH, SIDE, TOUCH, SWAYS X4, ("I CAN FEEL YOUR BODY SWAYING")

1-2 Step right to right side, touch left beside right
3-4 Step left to left side, touch right beside left
5-6-7-8 Step right to right side & sway your hips right, left, right, left

CROSS ROCK, RECOVER, SIDE SHUFFLE RIGHT CROSS ROCK, RECOVER, SIDE SHUFFLE LEFT

1-2 Cross rock right over left, recover weight on left
3&4 Step right to right side, step left beside right, step right to right side
5-6 Cross rock left over right, recover weight on right
7&8 Step left to left side, step right beside left, step left to left side

ROCK, RECOVER, SHUFFLE ½ TURN RIGHT, ROCK RECOVER, LEFT COASTER STEP

1-2 Rock forward on right, recover weight on to left
3&4 Shuffle ½ turn over right shoulder, stepping right, left, right
5-6 Rock forward on left, recover weight on right
7&8 Step left foot back, step right beside left, step left foot forward

WALK FORWARD, STOMPING YOUR FEET - RIGHT LEFT RIGHT CLAP X3, HEEL BOUNCES X3 (STOMP 3 TIMES!)

1-2-3 Walk forward stomping your feet- right, left, right
4&5 Clap hands 3 times
&6& Raise both heels, drop both heels to the floor, raise both heels

7&8 Drop both heel to the floor, raise both heels, drop both heels to the floor

POINT & POINT & HEEL & HEEL & STEP, ½ PIVOT LEFT WALK RIGHT, LEFT

1&2& Touch right toe to right side, step right beside left, touch left toe to left side, step left beside right
3&4& Touch right heel forward, step right beside left, touch left heel forward, step left beside right
5-6 Step forward right, pivot ½ turn left
7-8 Walk forward right, left (or full turn right, stepping- right, left)

GRAPEVINE (OR ROLLING VINE) RIGHT CLAP, CLAP, BUMP, BUMP, BUMP, ("CLAP TWICE TO THE RIGHT!")

1-2-3 Step right to right, cross step left behind right, step right to right side

You can do a rolling vine right, if you prefer to turn

4-5 Clap hands twice over your right shoulder
6-7-8 Bump hips, left, right, left

ROCK RECOVER, COASTER STEP, STEP LEFT ½ TURN, WALK LEFT, RIGHT

1-2 Rock forward right, recover weight on left
3&4 Step back on right, step left beside right, step forward right
5-6 Step forward left, ½ pivot right
7-8 Walk forward left, right (or full turn, right, stepping, left right)

WALK FORWARD, STOMPING YOUR FEET - LEFT, RIGHT, LEFT CLAP X3, HEEL BOUNCES X3 (STOMP 3 TIMES!)

1-2-3 Walk forward stomping your feet- left, right, left
4&5 Clap hands 3 times
&6& Raise both heels, drop both heels to the floor, raise both heels
7&8 Drop both heel to the floor, raise both heels, drop both heels to the floor

POINT & POINT & HEEL & HEEL & STEP, ½ PIVOT RIGHT WALK LEFT RIGHT

1&2& Touch left toe to left side, step left beside right, touch right toe to right side, step right beside left
3&4& Touch left heel forward, step left beside right, touch right heel forward, step right beside left
5-6 Step forward left, pivot ½ turn right
7-8 Walk forward left, right (or full turn left, stepping- left, right)

GRAPEVINE (OR ROLLING VINE) LEFT CLAP, CLAP, BUMP, BUMP, BUMP, ("CLAP TWICE TO THE LEFT")

1-2-3 Step left to left, cross step right behind left, step left to left side

You can do a rolling vine left, if you prefer to turn

4-5 Clap hands twice over your left shoulder
6-7-8 Bump hips, right, left, right

ROCK, RECOVER, COASTER STEP, STEP RIGHT ½ PIVOT, SHUFFLE FORWARD

1-2 Rock forward left, recover weight on right
3&4 Step back left, step right beside left, step forward right
5-6 Step forward right, ½ pivot left
7&8 Step right foot forward, step left beside left, step right foot forward

REPEAT

ENDING

You will do the dance 3 times, at the end of the 3rd repetition, do the following

7&8 Stomp forward right, left, right

Optional hands: right hand to right side, with palm out, then left, then both above your head on the last stomp!

