

# Thump Therapy

**COPPER KNOB**  
STEPSHEETS

拍数: 64      墙数: 4      级数: Intermediate/Advanced  
编舞者: Bill Bader (CAN)  
音乐: Thump Factor - Smokin' Armadillos



## FORWARD: STOMP-SCUFF, STOMP-SCUFF, STOMP-SCUFF, STOMP-SCUFF

- 1-2            Stomp down right foot slightly forward, scuff left heel
- 3-4            Stomp down left foot slightly forward, scuff right heel
- 5-6            Stomp down right foot slightly forward, scuff left heel
- 7-8            Stomp down left foot beside right, scuff right heel forward

## MOVING RIGHT: STOMP-SCUFF, STOMP-SCUFF, STOMP-SCUFF, STOMP-SCUFF

- 9              Stomp down right foot out to right side
- 10             Scuff left heel in place (somewhat "out" to left side)
- 11             Stomp down left foot beside right
- 12             Scuff right heel beside left
- 13-16         Repeat 9-12 (stomp, scuff, stomp, scuff)

## STOMP, CLAP, CLAP, SWIVEL, SWIVEL, STOMP, KICK, BALL, CROSS, STOMP, STOMP, BALL, CROSS, SCOOT, STEP, TOUCH

- 17            Stomp down right foot slightly forward
- 18-19        Clap, clap
- 20-21        Swivel heels angled to right, swivel heels to center
- 22            Stomp right foot in place/forward
- 23            Kick right toe forward
- 24            Ball: step toe/ball of right back
- 25            Cross: step left foot across front of right
- 26-27        Stomp up right heel beside left heel twice
- 28            Ball: step toe/ball of right back
- 29            Cross: step left foot across front of right
- 30            Scoot sideways to right with right knee raised
- 31            Step down right foot beside left
- 32            Touch left toe/ball beside right

## LEFT SIDESTEP, TURN-TOUCH, RIGHT SIDESTEP, TOUCH, REPEAT

- 33            Sidestep left
- 34            Swivel left heel left turning ¼ right and touch right toe beside left
- 35            Sidestep right
- 36            Touch left toe beside right instep
- 37-40        Repeat 33-36

## CHUG-TURN, CHUG-TURN, SHIMMY-SHIMMY, STOMP, CLAP

- 41            Chug-step left slightly forward turned slightly right
- 42            Shift weight onto right turning almost 1/8 right (right heel swivels in)
- 43            Chug-step left slightly forward turned slightly right
- 44            Shift weight onto right turning almost 1/8 right (right heel swivels in)
- 45            Place left toe/ball slightly forward fixing it parallel to right and shimmy shoulders moving upper body gradually left, arms out to sides
- 46            Continue shimmying moving upper body over left foot
- 47-48        Stomp right foot beside left, clap

**HEEL, GRIND 1/8 TURN, STOMP, CLAP - 4X CURVING TO RIGHT IN A ½ CIRCLE**

**In this section, you will complete a to the right half turn.**

- 49 Strike right heel down forward near left toe with right toe raised
- 50 Keeping heel down rotate right toe 1/8 right and snap it to the floor
- 51 Stomp left foot down beside right and parallel to right
- 52 Clap
- 53-64 Repeat 49-52 three more times

**REPEAT**

---