Volunteer Stomp

拍数: 52   **墙数:** 4   **级数:** Intermediate

编舞者: Gloria Johnson (USA) & Dusty Miller (USA)

音乐: Steady As She Goes - Mark Collie

TOUCH AND HOOK (RIGHT)

1	Touch right heel forward
2	Hook right foot in front of left leg
3	Touch right heel forward
4	Stomp right foot next to left

SWIVEL RIGHT AND STOMP

5- 6	Swivel heels to right, center
7- 8	Stomp right foot next to left twice

TOUCH AND HOOK (LEFT)

9	Touch left heel forward
10	Hook left foot in front of right leg
11	Touch left heel forward
12	Stomp left foot next to right

SWIVEL LEFT AND STOMP

13- 14	Swivel heels to left, return to center
15- 16	Stomp left foot next to right twice

SHUFFLES

17&18	Shuffle right, left, right
19&20	Shuffle left, right, left
21	Step right foot out in front
22	Turn ½ turn to the left
23-28	Repeat steps 17 - 22

STEP & TURN

29	Step right foot out in front
30	Turn ¼ turn to the left

JUMPING JACKS

31-32	Jumping jack with right foot at 1:00, left foot at 7:00, and return
33-34	Jumping jack with left foot at 11:00, right foot at 5:00, and return
35-36	Jumping jack with right foot at 1:00, left foot at 7:00, and return

TOE POINTS
Lean slightly to left as you point your toes

37-38	Point right toe out to right, then to back
39-40	Point right toe out to right, then to front
41-42	Point right toe out to right, then to back
43	Point right toe out to right
44	Hitch right knee and turn ¼ turn to left at the same time

GRAPEVINE RIGHT

45-47	Vine right (step right, left behind right, step right)

48	Touch left foot next to right

TURNING VINE

49-51	Turning vine to left (step left angling foot, step right in front of left and turning body to left, step left placing foot so that body completes full turn and ends facing forward)
52	Stomp right foot next to left

REPEAT
OPTIONAL "ACCENT" STEPS
FOR THE "YOUNG AT HEART"
On steps 31-36, the Jumping Jacks, stomp both feet to the floor when you return. Do it with plenty of vigor!!!
FOR THE "NOT SO YOUNG AT HEART"
On the same Jumping Jack steps, stay in place and

31-32	Touch right heel at 1:00 and return
33-34	Touch left heel at 11:00 and return
35-36	Touch right heel at 1:00 and return