

Go-Go Stomp

拍数: 68 墙数: 1 级数: Improver
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音乐: Any Man of Mine - Shania Twain



FORWARD STEP, TWIST, STOMP, HOLD (REPEAT 4 TIMES)

- 1 Step forward on right heel (right toe is at 45 degree angle pointing left).
- 2 Twist right heel (toe is pointing to forward).
- 3 Stomp left foot next to right foot.
- 4 Pause for one beat (clap).
- 5-16 Repeat counts 1-4 three more times

ROCK FORWARD, ROCK BACK, ROCK BACK, ROCK FORWARD

- 17 Rock forward on right foot.
- 18 Rock back on left foot.
- 19 Rock back on right foot.
- 20 Rock forward on left foot.

STEP FORWARD, TURN TO THE LEFT, STEP FORWARD, TURN TO THE LEFT

- 21 Step forward on right foot.
- 22 Pivot $\frac{1}{4}$ turn to the left.
- 23 Step forward on right foot.
- 24 Pivot $\frac{1}{4}$ turn to the left.

FORWARD STEP, TWIST, STOMP, HOLD (REPEAT 4 TIMES)

- 25-40 Repeat counts 1-16

STEP RIGHT, TOUCH, STEP LEFT, TOUCH

- 41 Step right foot to right side.
- 42 Touch left foot next to right foot.
- 43 Step left foot to left side.
- 44 Touch right foot next to left foot.

STEP RIGHT, SLIDE, STEP RIGHT, TOUCH

- 45 Step right foot to right side.
- 46 Slide left foot next to right foot.
- 47 Step right foot to right side.
- 48 Touch left foot next to right foot.

STEP LEFT, TOUCH, STEP RIGHT TOUCH

- 49 Step left foot to left side.
- 50 Touch right foot next to left foot.
- 51 Step right foot to right side.
- 52 Touch left foot next to right foot.

STEP LEFT, SLIDE, STEP LEFT, TOUCH

- 53 Step left foot to left side.
- 54 Slide right foot next to left foot.
- 55 Step left foot to left side.
- 56 Touch right foot next to left foot.

STEP FORWARD, PIVOT TO THE LEFT, TOUCH, STEP LEFT, TOUCH, STEP LEFT, TOUCH

- 57 Step forward on right foot while pivoting $\frac{1}{4}$ turn to the left.
- 58 Touch left foot next to right foot.
- 59 Step left foot to left side.
- 60 Touch right foot next to left foot.

STEP RIGHT, PIVOT TO THE LEFT, TOUCH, STEP LEFT, TOUCH

- 61 Step right foot to right side while pivoting $\frac{1}{4}$ turn to the left.
- 62 Touch left foot next to right foot.
- 63 Step left foot to left side.
- 64 Touch right foot next to left foot.

STRUT RIGHT, STRUT LEFT

- 65 Step forward on right heel.
- 66 Snap right toe down.
- 67 Step forward on left heel.
- 68 Snap left toe down.

REPEAT
