

Carolina Stomp

拍数: 60 墙数: 4 级数:
编舞者: Donna Mussman (USA) & Greg Underwood (USA)
音乐: Hard Workin' Man - Brooks & Dunn



TOE/HEEL DROPS

- 1 Step forward on right toes
- 2 Step down in place on right heel
- 3 Step forward on left toes
- 4 Step down in place on left heel
- 5 Step forward on right toes
- 6 Step down in place on right heel
- 7 Step forward on left toes
- 8 Step down in place on left heel

POLKA, POLKA WITH ¼ TURN

- 9&10 Shuffle forward right, left, right
11&12 Shuffle forward left, right, left turning ¼ left on beat 12

FLEA HOPS

- &13 Bring right knee up, step back right
&14 Bring left knee up, step back left
&15 Bring right knee up, step back right
&16 Bring left knee up, step back left

Progress slightly backward while doing this move with weight bearing foot hopping slightly back each time.

KICK-BALL-CHANGE, SCUFF, HOP/TURN, STEP

- 17&18 Kick right foot forward, place ball of right foot beside left, shift weight to left
19&20 Scuff right, turn ¼ left and hop on left foot, step right beside left

SHUFFLE, KICK-BALL-CHANGE

- 21&22 Shuffle in place left, right, left
23&24 Kick right foot forward, place ball of right foot beside left, shift weight to left

SCUFF, HOP/TURN, STEP, SHUFFLE IN PLACE

- 25&26 Scuff right, turn ¼ left and hop on left foot, step right beside left
27&28 Shuffle in place left, right, left

JAZZ BOXES

- 29 Step on right after crossing it in front of left
- 30 Step back on left
- 31 Step to right on right
- 32 Scuff left beside right
- 33 Step on left after crossing it in front of right
- 34 Step back on right
- 35 Step to left on left
- 36 Stomp right beside left

SYNCOPATED SIDE STEPS

- &37 Step to right on right, step left beside right
38 Hold

- &39 Step to right on right, step left beside right
40 Hold
&41 Bump left heel against right heel, step left in place
42 Step right in place
&43 Bump left heel against right heel, step left in place
44 Step right in place
&45 Step to left on left, step right beside left
46 Hold
&47 Step to left on left, step right beside left
48 Hold
&49 Bump right heel against left heel, step right in place
50 Step left in place
&51 Bump right heel against left heel, step right in place
52 Step left in place

STEP, PIVOT ½, PIVOT ½, PIVOT ½, REPEAT

- 53 Step forward right on right
54 Swivel on balls of feet ½ turn to left
55 Swivel on ball of left foot and step on right ½ to right
56 Swivel on ball of right foot and step ½ turn to left
57 Step forward right on right
58 Swivel on balls of feet ½ turn to left
59 Swivel on ball of left foot and step on right ½ to right
60 Swivel on ball of right foot and step ½ turn to left

Feet remain shoulder width apart during this move

REPEAT
