

Blt Stomp

拍数: 32 墙数: 4 级数:
编舞者: BLT & Friends (INA)
音乐: It Sure Is Monday - Mark Chesnutt



GRAPEVINE RIGHT, STOMP AND CLAP

- 1 Step to the right with the right foot
- 2 Step to the right with the left foot behind the right foot
- 3 Step to the right with the right foot
- 4 Stomp the left foot next to the right foot & clap

GRAPEVINE LEFT, STOMP AND CLAP

- 5 Step to the left with the left foot
- 6 Step to the left with the right foot behind the left foot
- 7 Step to the left with the left foot
- 8 Stomp the right foot next to the left foot & clap

POLKA, PIVOT ½

- 9-10 Polka forward right-left-right
- 11-12 Step forward with the left, pivot ½ to the right

POLKA, ROCK, STOMP AND CLAP

- 13-14 Polka forward left-right-left
- 15 Rock back onto the right foot
- 16 Stomp the left foot near the right foot & clap

HIP BUMPS, HOLD

- 17-18 Shake the left hip forward twice
- 19-20 Shake the right hip back twice
- 21-23 Shake the hips to the left, to the right, & to the left
- 24 Hold in place & clap

KICK BALL CHANGE, PIVOT ½

- 25 Kick forward with the right foot
- 26 Step onto ball of the right foot & quickly step with the left
- 27-28 Step forward with the right, pivot ½ to the left

STEP, ¼ LEFT, STOMP, CLAP

- 29 Step forward with the right foot
- 30 Turn ¼ to the left
- 31-32 Stomp the right foot next to the left foot & clap

REPEAT
