

Bar Fly Stomp

COPPER KNOB
STEPPERS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Lana Harvey (USA)
音乐: Another Good Reason - Alan Jackson



FORWARD STOMP FANS

1 Stomp left forward, toe pointing 45 to right side
2 Fan left toe to 45 left, putting weight on left
3 Stomp right forward, toe pointing 45 to left side
4 Fan right toe to 45 right, putting weight on right
5-8 Repeat 1-4

FORWARD ROCK, HOLD, BACK, HOLD, STEP-SLIDE-STEP/½ TURN

9-10 Stomp forward onto left, hold
11-12 Rock back onto right, hold
13 Turning ¼ left, step left to left side
14 Slide right to left, weight on it.
15-16 Turning ¼ left, step forward on left, hold.

FORWARD STOMP FANS

17 Stomp right forward, toe pointing 45 to left side
18 Fan right toe to 45 right, putting weight on right
19 Stomp left forward, toe pointing 45 to right side
20 Fan left toe to 45 left, putting weight on left
21-24 Repeat 17-20

FORWARD ROCK, HOLD, BACK, HOLD, STEP-SLIDE-STEP/½ TURN

25-26 Stomp forward onto right, hold
27-28 Rock back onto left, hold
29 Turning ¼ right, right to right side
30 Slide left to right, weight on it
31-32 Turning ¼ right, step forward on right, hold

STEP-SLIDE-STEP, SCUFF, STEP, SCUFF, STEP SCUFF

33-34 Step left to left, slide right to left, weight on it
35-36 Step left to left, scuff right heel forward
37-38 Step right next to left, scuff left heel forward
39-40 Step left next to right, scuff right heel forward

STEP-SLIDE-STEP/¼ RIGHT, SCUFF, STEP, SCUFF, STEP/¼ RIGHT, SCUFF

41-42 Step right to right
42 Slide left to right, weight on it
43 Step right to right turning ¼ right
44 Scuff left heel forward
45 Step forward on left
46 Scuff right heel forward
47 Step right forward ¼ turn to right
48 Scuff left heel forward

FORWARD ROCK, RECOVER, BACK HITCH/SCOOTERS

49-50 Rock forward on left, rock back onto right

51-52 Step back left, hitch right knee and scoot back on left
53-54 Step back right, hitch left knee and scoot back on right
55-56 Step back, rock forward onto right.

Easier option: on 51-54, just step back and hitch, leaving out the scoots.

BACK ROCK, STEP, SCUFF, HEEL, HITCH/SCOOT, HEEL, HOLD

57-58 Step forward on left, scuff right heel forward
59-60 Cross step right over left, scoot back on right.
61-62 Cross left over right, scoot back on left.
63-64 Stomp right next to left, weight on it, hold

Easier option, 59-62: cross, hold, cross, hold.

REPEAT
