

Stomp

拍數: 32 牆數: 4 級數: Beginner
編舞者: Dee Blansett (USA) - September 2014
音樂: Stomp - Jared Blake



Stomp Forward (Right-Left), Coaster-Step; Stomp forward (Left-Right), Coaster-Step

1-2 Stomp Right forward (1), Stomp Left forward (2),
3&4 Right Coaster-Step
5-6 Stomp Left forward (5), Stomp Right forward (6)
7&8 Left Coaster-Step

4 Count Paddle Turn (Left & Right)

Weight on Left for next 4 counts

&1 Lift Right foot & twist $\frac{1}{4}$ turn to Left (&) Step Right foot out (1)
&2 Lift Right foot & twist $\frac{1}{4}$ turn to Left (&) Step Right foot out (2)
&3 Lift Right foot & twist $\frac{1}{4}$ turn to Left (&) Step Right foot out (3)
&4 Lift Right foot & twist $\frac{1}{4}$ turn to Left (&) Step Right foot beside left (4)

Weight on Right for next 4 counts

&5 Lift Left foot & twist $\frac{1}{4}$ turn to Right (&) Step Left foot out (5)
&6 Lift Left foot & twist $\frac{1}{4}$ turn to Right (&) Step Left foot out (6)
&7 Lift Left foot & twist $\frac{1}{4}$ turn to Right (&) Step Left foot out (7)
&8 Lift Left foot & twist $\frac{1}{4}$ turn to Right (&) Step Left foot beside right (8)

Side-Together Side Shuffle Right, Side Behind $\frac{1}{4}$ Turn Shuffle Left

1-2 Step Right side right (1), Step Left together (2)
3&4 Step Right side right (3), Step Left beside right (&), Step Right side right (4)
5-6 Step Left side left (5), Step Right behind left (6)
7&8 Step Left $\frac{1}{4}$ turn Left (7), Step Right beside left (&), Step forward Left (8)

(R&L) Kick & Point; Stomp Right, Stomp Left, Hold, Clap

1&2 Kick forward Right (1), Step Right together-weight on right (&), Touch Left out to the side (2)
3&4 Kick forward Left (3), Step Left together-weight on left (&), Touch Right out to the side (4)
5-6 Stomp Right (5), Stomp Left (6)
7 Hold (7)
8 Clap (8)

Optional: For count 7-8 above add a body roll. □

Repeat!

Class Instructor: □Dee Blansett, Concord, Ohio
Contact - DeeBlansett@UDancers.com - www.UDancers.com