

Heathers Stomp

拍數: 32 牆數: 4 級數: Improver
編舞者: Grant Stanley (SCO) & Lesley Clark (SCO) - October 2015
音樂: Stomp - Steps : (iTunes)



32count intro once heavy beat kicks in

[1-8] TOE STRUT ¼ TURN, TOE STRUT 1/2 TURN, ROCK BACK, RECOVER, KICK BALL CROSS

1,2 Step Right to to Right Side, Make 1/4 Right dropping heel down
3,4 1/2 Turn Right stepping back on Left toe, Drop Left Heel down
5,6 Rock back on Right, Recover on Left
7&8 Kick Right foot forward, Step Right together, Cross Left over Right

[9-16] SIDE CHASSE, ROCK BACK, RECOVER, SIDE, BEHIND, 1/4 TURN, BRUSH

1&2 Step Right to Right side, Step Left together, Step Right to Right Side
3,4 Rock back on Left, Recover on Right
5,6 Step Left to Left Side, Step Right behind Right
7,8 Step Left to Left side making 1/4 Turn, Brush Right Foot forward

[17-24] JAZZ BOX 1/2 TURN, STOMP, POINT, STOMP, POINT

1,2 Cross Right over Left. Step Left back making 1/4 Turn Right,
3,4 Step Right to Right side making 1/4 Turn, Step Left forward
5,6 Stomp Right foot forward, Point Left to Left side
7,8 Stomp Left foot forward, Point Right to Right side

[25-32] SAILOR STEP, SAILOR STEP, CROSS, JAZZ BOX 1/4 TURN,

1&2 Cross Right behind Left, Step Left to Left side, Step Right to Right side
3&4 Cross Left behind Right, Step Right to Right side, Step Left to Left side
5,6 Cross Right over Left, Step back on Left making 1/4 Turn Right.
7,8 Step Right out to Right Side, Step Left together

Start dance again Happy Dancing (Stomp Out Cancer)

This dance has been written for our good friend Heather Barton.
We wish her all the best with her recovery from Breast Cancer. Lots of Love
