

Stomp Down

拍數: 32 牆數: 2 級數: Improver
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音樂: Take Down - Rayelle : (Single - iTunes & other mp3 sites)



Introduction: 16 counts, start approx 12 sec.

Part 1. [1-8] Small Stomps R, L Fwd, Recover, Coaster Step L, Small Stomps R, L Fwd, Recover, ½ Shuffle Turn L.

&1,2 Stomp Rf small Fwd (&), Stomp Lf small fwd (1), Recover back onto Rf (2).
3&4 Step Lf back (3), Step Rf beside Lf (&), Step Lf Fwd (4).
&5,6 Stomp Rf small Fwd (5), Stomp Lf small fwd (&), Recover back onto Rf (6).
7&8 Shuffle ½ turn L (6.00) (7&8).

Part 2. [9-16] x2 Stomp Together, Stomp Out with ¼ Turn L, Sailor Step L, Step Lock Step L with ¼ Turn L and Stomp Together.

&1 Stomp Rf beside Lf (&), Stomp Rf out to R with ¼ turn L (3.00) (1).
2&3 Step Lf behind Rf (2), Step Rf to R (&), Step Lf to L (3).
&4 Lock Rf behind Lf (&), Make ¼ turn L (12.00) step Lf fwd (4).
&5 Stomp Rf beside Lf (&), Stomp Rf out to R with ¼ turn L (9.00) (5).
6&7 Step Lf behind Rf (6), Step Rf to R (&), Step Lf to L (7).
&8& Lock Rf behind Lf (&), Make ¼ turn L (6.00) step Lf fwd (8), Stomp Rf beside Lf.

(NB: Restart here in wall 7 after 16 counts, after start again (facing 12 o'clock).

Part 3. [17-24] x2 Stomp Out R, Syncopated Weave L with ½ Turn R, Touch Together.

1 Stomp R out to R (1).
2&3 Step Lf behind Rf (2), Make ¼ turn R (9.00) step Rf to R (&), Continue a ¼ turn R (12.00) step Lf to L (3).
&4& Step Rf behind Lf (&), Step Lf to L (4), Touch Rf beside Lf (&).
5 Stomp R out to R (5).
6&7 Step Lf behind Rf (6), Make ¼ turn R (3.00) step Rf to R (&), Continue a ¼ turn R (6.00) step Lf to L (7).
&8& Step Rf behind Lf (&), Step Lf to L (8), Touch Rf beside Lf (&).

Part 4. [25-32] Syncopated Rumba Box, 2x ½ Pivot Turn L.

1&2 Step Rf to R (1), Step Lf beside Rf (&), Step Rf to Fwd (2).
3&4 Step Lf to L (3), Step Rf beside Lf (&), Step Lf fwd (4).
5 -8 2x Step Rf fwd, Pivot ½ turn L over Lf (5,8).

(NB: Tag here ending WALL 3 after 32 counts facing 12 o' clock, after start again.

TAG:

Cross Jazz box R with ½ turn R (1-4) (12.00).

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