

Stay Home

拍數: 64 牆數: 2 級數: Phrased Intermediate
編舞者: Siggie Güldenfuß (DE) & Westerngirls - April 2020
音樂: Stay Home - Big & Rich



Note: The dance begins after 16 counts.

Sequenz: A, B, A, B, A, B, B, B* Finish

Abbreviations: RF = Right Foot, LF = Left Foot

A. 1Wall

A, 1. Section: Walk, Walk, Heel, Toe, Shuffle Forward, Step ½ Turn r.

1-2 RF step forward, LF step forward
3-4 tap right heel into the front, tap right toe back
5&6 RF step forward, LF next to RF and RF step forward
7-8 LF step forward, ½ turn right around

(weight on the RF) (6 o'clock)

A, 2. Section: Walk, Walk, Heel, Toe, Shuffle Forward, Step ¼ Turn l.

1-2 LF step forward, RF step forward
3-4 tap left heel into the front, tap left toe back
5&6 LF step forward, RF next to LF and LF step forward
7-8 RF step forward, ¼ turn left around (weight on LF) (3 o'clock)

A, 3. Section: Cross Shuffle, Side Rock, Behind, Side, Cross, Step ½ Turn l.

1&2 cross RF in front of LF, LF next to RF and cross RF in front of LF
3-4 LF step to the left, slightly raise the RF and weight back onto RF
5&6 LF step behind RF, RF step to the right and LF crossing RF
7-8 RF step forward, ½ turn left around (weight back onto LF)(9 o'clock)

A, 4. Section: Shuffle Forward, Rock Step, Sailor Step With ¼ Turn l., Step ½ Turn

1&2 RF step forward, LF next to RF and RF step forward
3-4 LF step forward, slightly raise the RF and weight back onto RF
5&6 ¼ turn left around and LF step behind RF, RF next to LF and step LF to the left (6 o'clock)
7-8 RF step forward, ½ turn left around (than weight on LF)(12 o'clock)

Section B: 2 Wall

B, 1. Section: Stomp, Hold, Stomp, Hold, Stomp, Stomp, Applejacks

1-2 RF stomp next to LF, hold
3-4 LF stomp next to RF, hold
5-6 RF stomp next to LF, LF stomp next to RF
&7 turn left toe to the left, at the same time turn the right heel to the left, turn back both
&8 turn the right toe to the right, at the same time turn the left heel to the right, turn back both

B, 2. Section: Cross & Heel r./l., & Heel & Heel, Stomp 2x

1&2 crossing RF in front of LF, LF next to RF and tap forward right heel
&3 RF next to LF and crossing LF in front of RF
&4 RF next to LF and tap forward left heel
&5 LF next to RF and tap forward right heel
&6 RF next to LF and tap forward left heel
&7-8 LF next to RF and stomp RF next to LF 2x

Finish: Stop here and stomp RF in front of LF!

B, 3. Section: Sailor Step With ¼ Turn r., Sailor Step l., Sailor Step With ¼ Turn r., Sailor Step l.

- 1&2 ¼ turn right around, at the same time RF step behind LF, LF next to RF and RF step to the right (3 o'clock)
- 3&4 LF step behind RF, RF next to LF and LF step to the left
- 5&6 ¼ turn right around, at the same time RF step behind LF, LF next to RF and RF step to the right (6 o'clock)
- 7&8 LF step behind RF, RF next to LF and LF step to the left

B, 4. Section: Kickball Change, Point & Point & Heel & Heel & Stomp, Hold

- 1&2 RF kick, RF next to LF, slightly raise the LF and weight back onto LF
- 3&4 tap right toe to the right, RF next to LF and tap left toe to the left
- &5 LF next to RF and tap right heel forward
- &6 RF next to LF and tap left heel forward
- &7-8 LF next to RF and stomp RF next to LF, hold

Dance, Have Fun & Smile!

Last Update – 26 May 2020
