

Lonely Drum Stomp

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Kristi Thompson (USA) - March 2024
音樂: Lonely Drum - Aaron Goodvin



One tag on wall 4.

Dance starts on the lyrics.

[1-8] R foot stomps with R fist bumps, hold, 2 sailor steps

- 1,2 Stomp right foot slightly in front of body on counts 1 & 2 with the right arm doing a fist bump above head on both counts.
- 3,4 Stomp right foot slightly in front of body on count 3 with a R fist bump above head and hold on count 4
- 5&6, Sailor step to the left: (Step R behind L, Step L to L side, Step R to R side)
- 7&8, Sailor step to the right: (Step L behind R, Step R to R side, Step L to L side)

[9-16] Repeat R foot stomps with R fist bump , hold, sailor steps R & L

- 9,10 Stomp right foot slightly in front of body on counts 9 & 10 with the right arm doing a fist bump above head on both counts
- 11,12 Stomp right foot slightly in front of body on count 3 with a r fist bump above head and hold on count 4
- 13&14, Sailor step to the left: (Step R behind L, Step L to L side, Step R to R side)
- 15&16, Sailor step to the right: (Step L behind R, Step R to R side, Step L to L side)

[17-24] Step tap front and back with shoulder shakes, step side rocking hips R,L,R,L

- 17,18 R foot step forward, L foot tap beside R
- 19,20 L foot step back, R foot tap beside L
- 21,22 R foot step to right side shifting weight to the right and back to the left: rocking hips R (21) L (22)
- 23,24 Repeat hip rocks to the R (23) L (24)

[25-32] R foot rock recover, coaster step, L foot rock, recover shuffle 1/2 turn over left shoulder.

- 25,26 R foot rock, recover on L
- 27&28 Coaster step R foot steps back, L steps beside R, R foot steps forward.
- 29,30 L foot rock, recover on R
- 31&32 L foot step with a 1/4 turn to the left, R foot step beside L, L foot steps with a 1/4 turn left to face the back wall.

One Tag on wall 4: When you turn to wall 4 do steps 17-24 for the tag then start over.

Variations: Change the fist bumps to car driving motions, or microphone motions or anything else to fit the lyrics of the song. Lots of opportunities for variety in this one.

Dance starts over.

Submitted by: Brooke Tidball Email: brooketidball.health@yahoo.com