

Stomp & Spin

拍數: 32 牆數: 4 級數: Improver
編舞者: Rex Allott (UK) - May 2024
音樂: Chicken Fried - Johnny Brady



Intro - 32 beats

S1. Syncopated V-stomp, reverse syncopated V-stomp

- 1-2. Stomp diagonally out fwd L, R
- 3&4. Step L back, step R next to L, step L on the spot
- 3-4. Stomp diagonally out, back L, R
- 5&6. Step L fwd, step R next to L, step L on the spot

S2. Fwd cross mambo L, R, 1/4 cross shuffle turn R, 1/2 cross shuffle turn L

- 1&2. Cross L over R, step R on the spot, step L next to R
- 3&4. Cross R over L, step L on the spot, step R next to L
- 5&6. Turning 1/4 R, cross L over R, step R next to L, step L on the spot
- 7&8. Turning 1/4 L, cross R over L, turning 1/4 L step L fwd, step R next to L

S3. 3/4 cross shuffle turn R, 1/2 cross shuffle turn L x 2, 1/4 cross shuffle turn R

- 1&2&. Turning 1/4 R cross L over R, turning 1/4 R step R fwd, turning 1/4 R cross L over R, step R next to L
- 3&4. Turning 1/4 L cross R over L, turning 1/4 L step L fwd, step R next to L
- 5&6. Rpt 3&4
- 7&8. Turning 1/4 R, cross L over R, step L next to R, step L on the spot

S4. Sailor step R, L, step drag back, run fwd.

- 1&2. Cross R behind L, step L fwd, step R next to L
- 3&4. Cross L behind R, step R fwd, step L next to R
- 5-6. R big step back, drag L next to R
- 7&8. Run fwd R, L, R

No tags or restarts - replace 7&8 of last S4. with 1/4 sailor turn L to finish facing 12 o'clock
