

Stomping Ground

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Amund Storsveen (NOR) & Jo Thompson Szymanski (USA) - May 2024
音樂: Stomping Ground - Hayley Jensen



Intro: 8 counts - BPM: 120.

Sequence: 24 (restart) – 32 – 32 – 16 (restart) – 24 (restart) – 32 – 32 – 16 (restart) – 32 – 32 – 32

[1-8] STOMP R, L SAILOR STEP INTO STOMP L, WEAVE LEFT INTO R ROCK RECOVER, SHUFFLE R-L- R ¼ TURN RIGHT

1-2& Stomp R into right diagonal (1); Cross L behind right (2); Step R to right side (&)
3-4& Stomp L to left side (3); Cross R behind left (4); Step L to left side (&)
5-6 Cross rock R over left (5); Recover on L (6)
7&8 Step R to right side (7); Step L next to right (&); ¼ turn right step R forward (8)

[9-16] TURNING TOE STRUTS W/HIP BUMPS L-R-L, R-L-R, STEP L FORWARD, PIVOT ¼ RIGHT, CROSS SHUFFLE L-R-L

1&2 ¼ turn right touch L toe slightly left while bumping hips left (1); Bump hips right (&); ¼ turn right step down on L
3&4 ¼ turn right touch R toe slightly right while bumping hips right (1); Bump hips left (&); ¼ turn right step down on R

Note: Counts 9-12 makes up a full turn right travelling slightly forward. Easier option: Toe struts forward with hip bumps (no turning).

5-6 Step L foot forward (5); Pivot turn ¼ right (weight on R foot) (6)
7&8 Cross L over right (7); Step R slightly right (&); Cross L over right

RESTART HERE IN WALLS 4 (FACING 3:00) AND 8 (FACING 6:00)

[17-24] LONG STEP R, DRAG L, L KICK-BALL-CROSS, L HEEL GRIND ¼ TURN LEFT, L COASTER CROSS

1-2 Step R big step right (1); Drag L next to right (2)
3&4 Kick L into left diagonal (3); Step ball of L slightly behind right (&); Cross R over left (4)
5-6 Step L heel to left side (5); Swivel toes of left foot left turning ¼ left and step R back (6)
7&8 Step L back (7); Step R next to left (&); Cross L over right (8)

RESTART HERE IN WALLS 1 (FACING 3:00) AND 5 (FACING 6:00)

[25-32] R ROCK RIGHT, RECOVER, R BEHIND SIDE CROSS, L ROCK LEFT, SAILOR FULL TURN LEFT

1-2 Rock R to right side (1); Recover on L (2)
3&4 Cross R behind left (3); Step L slightly left (&); Cross R over left (4)
5-6 Rock L to left side (5); Recover on R (6)
7&8 ¼ turn left stepping L behind right (7); ¼ turn left stepping R to right (&); ½ turn left stepping L forward/slightly across right (8)

Note: Prepping body slightly right on count 30 will help you execute the turn.

Easier option for counts 31&32: Cross L behind right (7); Step R slightly right (&); Cross L over right (8)

ENDING

Finishing at the end of the last wall (facing 3:00), turn ¼ left stomping R to right side (finish at 12:00).

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