

# 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).

Amund Storsveen – [amund.storsveen@komogdans.no](mailto:amund.storsveen@komogdans.no). Jo Thompson Szymanski – [jonthompsonszy@gmail.com](mailto:jonthompsonszy@gmail.com).

Last Update: 23 May 2024