

Red Hook Stomp

拍數: 44 牆數: 2 級數:
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音樂: The Heart Is a Lonely Hunter - Reba McEntire



RIGHT HEEL HOOK, SIDE SHUFFLE RIGHT, DOUBLE STOMP

- 1 Touch right heel forward
- 2 Cross right foot across left shin
- 3 Touch right heel forward
- 4 Touch right foot next to left
- 5&6 Shuffle sideways to the right (right-left-right)
- 7-8 Stomp left foot next to right twice (stomp up)

LEFT HEEL HOOK, SIDE SHUFFLE LEFT, DOUBLE STOMP

- 9 Touch left heel forward
- 10 Cross left foot across right shin
- 11 Touch left heel forward
- 12 Touch left foot next to right
- 13&14 Shuffle sideways to the left (left-right-left)
- 15-16 Stomp right foot next to left twice (stomp up)

WEAVE RIGHT, STOMP

- 17 Step to the right on right foot
- 18 Cross left foot behind right and step
- 19 Step to the right on right foot
- 20 Cross left foot over in front of right and step
- 21 Step to the right on right foot
- 22 Cross left foot behind right and step
- 23 Step to the right on right foot
- 24 Stomp left foot next to right (stomp up)

WEAVE LEFT, STOMP

- 25 Step to the left on left foot
- 26 Cross right foot behind left and step
- 27 Step to the left on left foot
- 28 Cross right foot over in front of left and step
- 29 Step to the left on left foot
- 30 Cross right foot behind left and step
- 31 Step to the left on left foot
- 32 Stomp right foot next to left (stomp up)

MILITARY PIVOT TO THE LEFT, STOMPS, HEEL TOUCH, STOMP, TOE TOUCHES, STOMP

- 33 Step forward on right foot and pivot ½ turn to the left on ball of foot
- 34 Shift weight forward to left foot
- 35 Stomp right foot next to left (stomp down)
- 36 Stomp left foot next to right (stomp down)
- 37 Touch right heel forward
- 38 Stomp right foot next to left (stomp down)
- 39 Touch left toe back
- 40 Stomp left foot next to right (stomp down)
- 41-44 Repeat beats 37-40

Option for beats 41 through 44:

- 41 Touch right heel forward
- & Step right foot back to home
- 42 Tap left toe back
- & Step left foot back to home
- 43 Tap right heel forward
- 44 Clap hands

REPEAT
