

Shortenin' Bread Stomp

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Shirley K. Batson (USA)
音樂: Shortenin' Bread - The Tractors



STOMP, KICK, RIGHT-LEFT-RIGHT, LEFT CLAP

- 1 Stomp right foot, while bending both knees
- 2 Kick left foot forward, straighten legs and clap
- 3 Stomp left foot, while bending both knees
- 4 Kick right foot forward, straighten legs and clap
- 5-8 Repeat 1-4

STEP, SLIDE, STEP, HOLD, TURNING BODY SLIGHTLY TO RIGHT, THEN LEFT

- 1 Step right foot forward turning body slightly to right
- 2 Slide left foot beside right foot
- 3 Step right foot forward
- 4 Hold
- 5 Step left foot forward turning body slightly to left
- 6 Slide right foot beside left foot
- 7 Step left foot forward
- 8 Hold

CROSS, STEP, SLIDE BACK, STEP TOGETHER, STOMP, STOMP

- 1 Step right foot across left foot
- 2 Scoot back on right foot
- 3 Step back with left foot
- 4 Scoot back on left foot
- 5 Step back on right foot
- 6 Step left foot beside right
- 7-8 Stomp right foot, stomp left foot

STEP, SLIDE, STEP, HOLD

- 1 Step right foot to right side
- 2 Slide left foot beside right foot
- 3 Step right foot to right side
- 4 Hold
- 5 Step left foot to left side
- 6 Slide right foot beside left
- 7 Step left into $\frac{1}{4}$ turn left
- 8 Hold

REPEAT
