

Stomp

拍數: 64 牆數: 2 級數: Improver
編舞者: Mark Simpkin (AUS)
音樂: Stomp - Michael Peterson



- 1-4 Touch ball of left to left side, drop left heel, rock back on right behind left, replace weight to left
5-8 Touch ball of right to right side, drop right heel, rock back on left behind right, replace weight to right
- 1-4 Step left to left side, step right behind left, turn ¼ turn left & step left forward, scoot forward on left
5-8 Step right heel forward, drop right toes to floor, pivot ½ turn left taking weight to left as you roll both knees anti to the right
- 1-4 Step right forward, lock left behind right, step right forward, scuff left beside right
5-8 Step left forward, lock right behind left, step left forward, scuff right beside left
- 1-4 Step right forward, pivot ¼ turn left taking weight to left, step right across left, step left to left side
5-8 Touch right heel 45 degrees right, hook right up to left knee, touch right heel 45 degrees right, stomp right beside left
- 1-4 Swivel both heels right, swivel both toes right, swivel both heels right, swivel both toes right
5-8 Touch left heel 45 degrees left, hook left up to right knee, touch left heel 45 degrees left, stomp left beside right
- 1-4 Swivel both heels left, swivel both toes left, swivel both heels left, swivel both toes left
5-8 Touch right heel 45 degrees right, hook right up to left knee, touch right heel forward, drop right toes to floor
- 1-4 Stomp left forward, hold, pivot ¼ turn right keeping weight on left, hold
5-8 Stomp right forward, hold, pivot ¼ turn left taking weight to left, hold
- 1-4 Step right to right side, step left behind right, step right to right side, step left across right
5-8 Step right to right side, step left behind right, turn ½ turn right & step onto right, scuff left beside right

REPEAT

RESTARTS

On the 3rd wall, leave out the last 8 counts and keep weight on right. Then restart from the beginning. After you restart, you will dance through to the first 32 counts and restart again from the beginning. Dance one complete sequence, then the very next wall facing the back, leave out the last 8 counts & keep weight on right & restart again from the beginning.

The 2 walls where the last 8 counts are left out are the chorus of the song.