

Stomp & Swivel

拍數: 32 牆數: 4 級數: Beginner
編舞者: Jean Rowe (USA) & Ron Kline (USA)
音樂: Going Back to Louisiana - Delbert McClinton



STOMP BACK, TOUCH FORWARD, TWIST SIDE, TWIST FORWARD, (TWICE)

1-2 Stomp right slightly back, touch left toe slightly forward
3-4 On the balls of both feet twist knees to the right, twist both knees forward weight right

Heels will swivel to left and then back to center

5-6 Stomp left slightly back, touch right toe slightly forward
7-8 On the balls of both feet twist knees to the left, twist both knees forward weight left

Heels will swivel to right and then back to center

STEP, TOGETHER, STEP, KICK, DIAGONALLY BACK, TOUCH, DIAGONALLY BACK, TOUCH

1-4 Step forward right, step left next to right, step forward right, kick forward left
5-6 Step back left diagonally left, touch right next to left
7-8 Step back right diagonally right, touch left next to right

GRAPEVINE LEFT WITH TOUCH, GRAPEVINE RIGHT WITH TOUCH

1-4 Step side left, cross step right behind left, step side left, touch right toe in front of left
5-8 Step side right, cross step left behind right, step side right, touch left toe in front of right

4 HEEL BOUNCES MAKING ¼ TURN RIGHT, STEP SIDE, TOUCH, STEP SIDE, TOUCH

1-4 Keeping left toe in place bounce on heels 4 times making a ¼ turn right shifting weight to left
5-6 Step side right, touch left next to right
7-8 Step side left, touch right next to left

REPEAT
