

Stomp In Rhythm!

拍數: 32 牆數: 4 級數: Improver
編舞者: Charlene Tidbury (UK) & Rosanna Saw (UK)
音樂: Don't Be Stupid (Dance Mix) - Shania Twain



The choreographers were ages 12 and 10 when this dance was written.

KICK BALL POINTS, RIGHT & LEFT

- 1 Kick right foot forward
- & Step right foot back in place next to left
- 2 Touch (point) left toe out to left side
- 3 Kick left foot forward
- & Step left foot back in place next to right
- 4 Touch (point) right toe out to right side

PIVOT ON LEFT FOOT TO MAKE FULL TURN TO THE LEFT (WITH FOUR RIGHT TOE POINTS)

- 5 Pivot ¼ turn left on left toes, (by lifting left heel) while pointing right foot to right side
- 6-8 Repeat this move three more times until you have made a full turn to the left

SYNCOPATED JUMPS BACK TWICE

- & Small jump back onto right foot
- 1-2 Small jump back onto left foot (beside right, hip distance apart), hold
- & Small jump back onto right foot
- 3-4 Small jump back onto left foot (beside right, hip distance apart), hold

HALF TURN AND QUARTER TURN WITH STOMPS

- 5 Stomp right foot forward
- 6 Stomp left foot a half turn left (towards 6:00) pivoting on right foot
- 7 Stomp right foot forward
- 8 Stomp left foot a quarter turn left (towards 3:00) pivoting on right foot

SYNCOPATED JUMPS BACK TWICE

- & Small jump back onto right foot
- 1-2 Small jump back onto left foot (beside right, hip distance apart), hold
- & Small jump back onto right foot
- 3-4 Small jump back onto left foot (beside right, hip distance apart), hold

TWO LEFT HALF PIVOT TURNS

- 5-6 Step forward on right foot, pivot a half turn left, weight on left foot
- 7-8 Step forward on right foot, pivot a half turn left, weight on left foot

RIGHT CHASSE & ROCK BACK, LEFT CHASSE AND STOMPS

- 1&2 Step right foot to right side, step left foot next to right, step right foot to right side
- 3-4 Rock back onto right foot, rock forward onto left foot
- 5&6 Step left foot to left side, step right foot next to left, step left foot to left side
- 7-8 Stomp right foot in place, stomp left next to right

REPEAT

OPTIONAL:

End dance with two stomps after vocal finishes

