

# 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  $\frac{1}{4}$  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

