

Stompin Ground

拍數: 32 牆數: 4 級數: Improver
編舞者: Paul Donahey (UK)
音樂: Stomp - Steps



SIDE TOE SWITCHES, STEP ONTO LEFT, CLAPS, HOLD, CLAPS

1&2 Touch left toe to left side, step left together, touch right toe to right side
&3 Step right together, touch left toe to left side
&4 Hitch left knee, touch left toe to left side
5&6 Step weight onto left, clap hands above head twice
7 Hold
&8 Clap hands above head twice

On counts 5-8, weight is evenly distributed across both feet, slightly wider than shoulder width apart finishing with weight on left

CROSS TOE TOUCHES, ROLL ARMS UP & DOWN

9-10 Cross touch right toes in front of left, step right to right side
11-12 Cross touch left toes in front of right, step left to left side
13-14 Roll arms up, while moving hips left, right
15-16 Roll arms down, while moving hips left, right

On counts 13-16, weight is evenly distributed across both feet, slightly wider than shoulder width apart

STEP KICKS LEFT & RIGHT, STEP PIVOT ½ RIGHT WITH HOOK, STEP PIVOT ¼ RIGHT WITH HOOK

&17-18 Step weight onto left, kick right straight forward twice in front of left
&19-20 Step weight onto right, kick left straight forward twice in front of right
21 Step left forward
22 Hook right leg behind left & slap with left hand while pivoting ½ turn right
23 Step right forward
24 Hook left leg behind right & slap with right hand while pivoting ¼ turn right

LEFT VINE WITH HOOKS OUT IN, RIGHT VINE WITH HOOKS OUT IN

25-27 Step left to left side, cross step right behind left, step left to left side
&28 Hook right out to side and slap with right, hook right in front of left and slap with left
29-31 Step right to right side, cross step left behind right, step right to right side
&32 Hook left out to side and slap with left, hook left in front of right and slap with right

REPEAT
