

# Stompn'

拍數: 0                      牆數: 2                      級數: Improver  
編舞者: Beverly Lalonde  
音樂: Foot Stomp Stompn' - The Tractors



Sequence: AA B AA B AA\* TAG AAAB TAG BA (16 counts). To dance to any other music, simply do Part A, then Part B and so on or any combination thereof.

## PART A

### STEP SLIDE, STEP TOUCH RIGHT, STEP SLIDE, STEP TOUCH LEFT

- 1-4                      Step right to right, slide left next to right, step right to right, touch left next to right  
5-8                      Step left to left side, slide right next to left, step left to left, touch right next to left.

### RIGHT SHUFFLE, ¼ PIVOT, CROSS SHUFFLE, ROCK RIGHT, ROCK LEFT ¼ LEFT

- 1&2                      Right shuffle step forward - right, left, right  
3-4                      Step left foot forward, pivot ¼ turn right (weight should be on right)  
5&6                      Left cross shuffle - cross left over right, step right to right, cross left over right  
7-8                      Rock right to right, rock back onto left foot while turning ¼ turn to left.

### JAZZ BOX, JUMP FORWARD CLAP, JUMP BACK CLAP

- 1-4                      Cross right over left, step back on left, step right to the right, step left beside right  
&5-6                      Jump forward landing with feet slightly apart - lead with right foot, then left foot, clap  
&7-8                      Jump back landing with feet together - lead with right foot, then left, clap

### RIGHT SHUFFLE, LEFT SHUFFLE, RIGHT HEEL, LEFT HEEL

- 1&2                      Right shuffle forward - right, left, right  
3&4                      Left shuffle forward - left, right, left  
5-6                      Touch right heel forward, step right foot beside left foot  
7-8                      Touch left heel forward, step left foot beside right foot.

## REPEAT PART A

## PART B

Danced to the chorus beginning "we're goin' foot stomp stompn'")

### HEEL SWITCHES, STOMPS

- 1&                      Touch right heel forward, step right foot beside left foot  
2&                      Touch left heel forward, step left foot beside right foot  
3-4                      Step right foot forward, step left foot beside right foot  
5-6                      Step right foot back, step left foot beside right foot  
7-8                      Step right foot forward, step left foot beside right foot  
  
1-8                      Repeat last 8 counts

### RIGHT ROCK FORWARD, RIGHT ROCK BACK, ½ PIVOT, STEP, STEP

- 1-2                      Rock right foot forward, rock back onto left foot  
3-4                      Rock right foot back, rock forward onto left foot  
5-6                      Step right foot forward, pivot ½ turn to the left (weight should be on left)  
7-8                      Step right forward, step left beside right

### STAMP, STEP, STAMP, STEP, STAMP STEP, STAMP, STEP

- 1-2                      Stamp\* right foot forward, step on right foot  
3-4                      Stamp left foot forward, step on left foot

5-8 Repeat last 4 count  
**A stamp is the same as a "stomp up", with no weight placed on the stomping foot**

1-64 Repeat Part A twice  
1-32 Repeat Part B once  
1-32 Repeat Part A once  
1-24 Repeat first 24 counts of Part A.

**RIGHT SHUFFLE, LEFT SHUFFLE, RIGHT HEEL, RIGHT TOUCH**

1&2 Right shuffle forward - right, left, right  
3&4 Left shuffle forward - left, right, left  
5-6 Touch right heel forward, touch right toe beside left foot

**(TAG) STEP SLIDE, STEP TOUCH RIGHT, STEP SLIDE, STEP TOUCH LEFT**

1-4 Step right to right, slide left next to right, step right to right, touch left next to right  
5-8 Step left to left side, slide right next to left, step left to left, touch right next to left.

1-96 Repeat part a three times  
1-32 Repeat part b once  
1-8 Repeat the tag once  
1-32 Repeat part b once  
1-16 REPEAT FIRST 16 COUNT OF PART A

**Dance should end with the music**

**I tend to hitch my right leg when I finish the dance and give a thumbs up.**

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