

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.
