

Stompin'

拍數: 56 牆數: 2 級數: Intermediate/Advanced
編舞者: Shirley Babcock (USA)
音樂: Down On the Farm - Tim McGraw



TOE TOUCH, STOMP, JAZZ SQUARE, STOMP

- 1 Touch right toe behind left heel
- 2 Stomp right foot next to left (stomp up)
- 3 Cross right foot over left and step
- 4 Step back on left foot
- 5 Step right foot slightly to the side
- 6 Stomp left foot next to right (stomp up)
- 7 Touch left toe behind right heel
- 8 Stomp left foot over right and step
- 9 Cross left foot next to right (stomp up)
- 10 Step back on right foot
- 11 Step left foot slightly to the side
- 12 Stomp right foot next to left (stomp up)

STEP PIVOT LEFT, STOMPS

- 13 Step forward on right foot and pivot ½ turn to the left on ball of foot
- 14 Shift weight forward to left foot
- 15 Stomp right foot next to left
- 16 Stomp left foot next to right

STEP TOUCHES

- 17 Step forward and diagonally right on right foot
- 18 Touch left foot next to right
- 19 Step to the left on left foot
- 20 Touch right foot next to left
- 21 Step back on right foot
- 22 Touch left foot next to right
- 23 Step to the left on left foot
- 24 Touch right foot next to left

STEP-PIVOT LEFT, FORWARD SHUFFLE, STEP PIVOT RIGHT, FORWARD SHUFFLE

- 25 Step forward on right foot and pivot ½ turn to the left on ball of foot
- 26 Shift weight forward to left foot
- 27&28 Shuffle forward (right-left-right)
- 29 Step forward on left foot and pivot ½ turn to the right on ball of foot
- 30 Shift weight forward to right foot
- 31&32 Shuffle forward (left-right-left)

SIDE STEPS WITH TOUCHES

- 33 Step to the right on right foot
- 34 Touch left foot next to right
- 35 Touch left foot to the left
- 36 Touch left foot next to right
- 37 Step to the left on left foot
- 38 Touch right foot next to left
- 39 Touch right foot to the right

40 Touch right foot next to left

FORWARD TOE-HEEL STRUTS, STOMPS

41 Step forward onto right toes

42 Snap right heel down

43 Step forward onto left toes

44 Snap left heel down

45 Step forward onto right toes

46 Snap right heel down

47 Stomp left foot next to right

48 Stomp right foot next to left

SIDE STEPS WITH TOUCHES

49 Step to the right on right foot

50 Touch left foot next to right

51 Touch left foot to the left

52 Touch left foot next to right

53 Step to the left on left foot

54 Touch right foot next to left

55 Touch right foot to the right

56 Touch right foot next to left (stomp up)

REPEAT
