

Stomping It Out

拍數: 32 牆數: 4 級數:
編舞者: Silke C. Henke (CAN)
音樂: Goin' Through the Big D - Mark Chesnutt



RIGHT TOE TOUCHES, KNEE LIFTS, STOMPS, & CLAPS (8 COUNTS)

- 1 Touch right toe out to right side
- 2 Raise right knee toward waist and across left leg & clap
- 3 Touch right toe out to right side
- 4 Raise right knee toward waist and across left leg & clap
- 5 Stomp right foot
- 6 Stomp left foot
- 7&8 Clap hands twice

LEFT TOE TOUCHES, KNEE LIFTS, STOMPS & CLAPS (8 COUNTS)

- 9 Touch left toe out to left side
- 10 Raise left knee toward waist and across right leg & clap
- 11 Touch left toe out to left side
- 12 Raise left knee toward waist and across right leg & clap
- 13 Stomp left foot
- 14 Stomp right foot
- 15&16 Clap hands twice

STEP, SLIDE, STEP, STOMP, HEEL LIFTS, HEEL SPLIT (8 COUNTS)

- 17 Step forward on the right foot
- 18 Drag left foot up to right
- 19 Step forward on the right foot
- 20 Stomp left foot next to right (weight even)
- 21 Lift up on toes & tap heels on floor
- 22 Lift up on toes & tap heels on floor
- 23 Split heels out (toes together, heels spread)
- 24 Bring heels home (pigeon toes)

RIGHT GRAPEVINE (4 COUNTS)

- 25 Step right foot to the right
- 26 Step left foot behind right
- 27 Step right foot to the right
- 28 Stomp left foot next to right

LEFT GRAPEVINE WITH ¼ TURN LEFT (4 COUNTS)

- 29 Step left foot to the left
- 30 Step right foot behind left
- 31 ¼ turn left on left foot
- 32 Touch right toe next to left foot

REPEAT
