

Swamp Stomp

拍數: 48 牆數: 0 級數:
編舞者: Sheila Base (UK) & Janice Jones (UK)
音樂: Swamp Stomp - Country FM



- 1 Jump left foot back, right foot forward
- 2 Jump feet together
- 3 Jump left foot back, right foot forward
- 4 Jump feet together
- 5 Jump feet apart (right foot right, left foot left)
- 6 Jump crossing right foot in front of left
- 7 Unwind making ½ turn left
- 8 Clap

- 9-16 Repeat steps 1-8

- 17 Right foot step right
- & Left foot step beside right
- 18 Right foot step right
- & Left foot beside right
- 19 Right foot step right
- 20 Left foot touch next to right & clap
- 21-24 Repeat steps 17-20

- 25 Right foot kick right
- 26 Right foot touch beside left
- 27&28 Right foot kick right twice
- &29 Step on ball of right foot, lift and replace left(right ball change)
- 30 Stomp right foot
- 31&32 Stomp left foot twice

- 33 Left foot kick left
- 34 Left foot touch beside right
- 35&36 Left foot kick left twice
- &37 Step on ball of left foot, lift and replace right foot
- 38 Stomp left foot
- 39&40 Stomp right foot twice

- 41 Slap right thigh with right hand
- 42 Slap left thigh with left hand
- 43 Step forward on right foot
- 44 Step forward on left foot
- 45 Step forward on right foot
- 46 ½ pivot turn left
- 47 Stomp right foot
- 48 Stomp left foot

REPEAT