

Warrior Stomp

拍數: 0 牆數: 2 級數:
編舞者: Stefan Collins (UK)
音樂: Warriors - Ronan Hardiman



Sequence: AAAA, Stomp-Kick, Interlude A, BBBB, Interlude B, CCCC

PART A

TOE STRUTS, STOMPS, TOE STRUTS, STOMPS

- 1-8 Right toe forward, drop heel, repeat on left, right. Stomp left foot while making a ½ turn left and stomp right in place
- 9-16 Left toe forward, drop heel, repeat on right, left. Stomp right foot while making a ½ turn left and stomp left in place

SHUFFLE FORWARD, PIVOT ½, SHUFFLE FORWARD, PIVOT ½

- 1-4 Shuffle forward on a right, left right, step forward on the left and pivot ½ turn to the right
- 5-8 Shuffle forward on a left, right left, step forward on the right and pivot ½ turn to the left

SHUFFLE RIGHT, COASTER STEP, ½ PIVOT, KICK-BALL CHANGE

- 1&2 Shuffle right on a right, left right
- 3&4 Step back on left, step together with the right, step forward on the left
- 5-8 Step forward on your right and pivot ½ turn left and straight into a right kick-ball change

STOMP-KICK

- 1-2 Stomp right, kick right foot forward and clap

INTERLUDE A

2 X SHUFFLES FORWARD, ½ PIVOT, 2 X SHUFFLES FORWARD, ½ PIVOT, KICKBALL CHANGE

- 1-4 Shuffle forward on a right, left, right then left, right left
- 5-6 Step forward on your right and pivot ½ turn left
- 7-10 Shuffle forward on a right, left, right then left, right left
- 11-12 Step forward on your right and pivot ½ turn left
- 13-14 Right kick-ball change

PART B

COASTER STEP, KICK-BALL CHANGE, COASTER STEP, KICK-BALL CHANGE

- 1&2 Step back right, together with the left, forward on the right
- 3&4 Left kick-ball change
- 5&6 Step back left, together with the right, forward on the left
- 7&8 Right kick-ball change

½ MONTEREY TURN, SHUFFLE FORWARD

- 1-2 Touch right toe to right side, step right beside left as you turn ½ turn right on the ball of left
- 3&4 Shuffle forward on a left, right left

ROCK FORWARD, SHUFFLE BACK, STEP, KICK & CLAP, SHUFFLE FORWARD

- 1-2 Rock forward on your right, recover weight to the left
- 3&4 Shuffle back on a right, left, right
- 5-6 Step back on your left, kick right forward and clap your hands
- 7&8 Shuffle forward on a right, left, right

SHUFFLE FORWARD, STOMP, STOMP

1-4 Shuffle forward on a left, right, left, stomp right, stomp left

ROLLING VINE, HEEL SWITCHES, HOLD, CLAP

1-4 Grapevine left (making a full turn to the left), touch right beside left

5&6 Point right heel forward, bring back in place, point left heel forward

7&8 Left in place, point right heel forward, hold and clap

INTERLUDE B

SHUFFLE FORWARD, PIVOT ½, SHUFFLE FORWARD, PIVOT ½

1-4 Shuffle forward on a right, left, right, step forward on the left and pivot ½ turn right

5-8 Shuffle forward on a left, right, left, step forward on the right and pivot ½ turn left

SHUFFLE FORWARD, PIVOT ½, SHUFFLE FORWARD, PIVOT ½

1-4 Shuffle forward on a right, left, right, step forward on the left and pivot ½ turn right

5-8 Shuffle forward on a left, right, left, step forward on the right and pivot ½ turn left

PART C

JUMP STEPS, SHUFFLE FORWARD, ROCK STEP

1-4 Touch right toe to right side, bring back in place and touch left toe to left side, bring back in place and touch right heel forward, bring back in place and touch left toe back

5&6 Shuffle forward on a left, right left

7-8 Rock forward on the right foot, recover weight to the left

TURNING SHUFFLES

1&2 Shuffle back on a right, left, right (while turning ½ turn to the right)

3&4 Shuffle back on a left, right, left (while turning ½ turn to the right)

ROCK STEP, STOMP, STOMP

1-2 Step back on your right, recover weight to the left

3-4 Stomp left, stomp right
