Hardwood Stomp

拍數: 40

級數: Beginner

編舞者: Jo Thompson Szymanski (USA)

音樂: Hardwood Stomp - Rick Tippe

SHUFFLE ROCKS

- 1&2 Shuffle forward right, left, right
- 3-4 Rock forward onto left foot, rock back on right foot
- 5&6 Shuffle back left, right, left
- 7-8 Rock back onto right foot, rock forward on left foot

TURNING SHUFFLE ROCKS

- 9&10 Shuffle forward right, left, right while turning ¹/₂ turn to the left
- 11-12 Rock back onto left foot, rock forward on right foot
- 13&14 Shuffle forward left, right, left while turning 1/2 turn to the right
- 15-16 Rock back onto right foot, rock forward on left foot

DIAGONAL STEP-SLIDES, TWO QUARTER TURNS

- 17-18 Step forward to right at 45 degrees with right foot, slide left foot next to right foot
- 19-20 Step forward to right at 45 degrees with right foot, slide left foot next to right foot
- 21-22 Step forward with right foot, pivot 1/4 turn to left
- 23-24 Step forward with right foot, pivot 1/4 turn to left

ROCK STEP COASTER STEPS / HARDWOOD STOMP

- 25-26 Rock forward onto right foot, rock back on left foot
- 27&28 Step back with right foot, step left foot next to right, step forward with right foot
- 29-30 Rock forward onto left foot, rock back on right foot
- 31&32 Step back with left foot, step right foot next to left, step forward with left foot

On even numbered repetitions, when you are facing the original start wall at count 29, the vocals in the song will say "Hardwood stomp". Replace counts 29-32 with

29-32 Stomp forward with left foot, stomp forward with right foot, stomp forward with left foot, clap

SYNCOPATED VINE WITH STOMP

- 33-34& Step right foot to right, cross left foot behind right, step right foot to right
- 35-36 Step left foot across right foot, stomp right foot to right side

REGULAR VINE WITH DOUBLE STOMP

- 37-39 Left foot step to left, right foot cross behind left, left foot step to left
- &40 Stomp right foot in place, stomp left foot in place

REPEAT





牆數:2