

CCB Romp And Stomp

拍數: 48 牆數: 2 級數: Improver
編舞者: Carolyn Noah, Candy Riley & Beth Wood
音樂: (If You're Not In It for Love) I'm Outta Here! - Shania Twain



KNEE SLAPS AND HEEL LIFTS

- 1 Step slightly to the right
- 2 Lift left knee and slap with right hand
- 3 Step slightly to the left
- 4 Lift right knee and slap with left hand
- 5 Step on right foot, lift left heel and push left knee forward
- 6 Step on left foot, lift right heel and push right knee forward
- 7 Step on right foot, lift left heel and push left knee forward
- 8 Step on left foot, lift right heel and push right knee forward

TOE HEEL STRUTS

- 9 Put right toe forward
- 10 Drop right heel
- 11 Put left toe forward
- 12 Drop left heel
- 13 Put right toe forward
- 14 Drop right heel
- 15 Put left toe forward
- 16 Drop left heel

ROMP AND STOMP, HEEL SWIVELS, AND HOP

- 17 Step back on right foot while putting left heel forward
- 18 Step on left foot, touch right foot next to left
- 19 Stomp right foot
- 20 Stomp left foot
- 21 Swivel heels left
- 22 Swivel heels right
- 23 Swivel heels back to center
- 24 Hop forward on both feet

HEEL GRINDS

- 25 Step forward on right heel
- 26 Turn right toe to right and step down on right
- 27 Step forward on left heel
- 28 Turn left toe to left and step down on left
- 29 Step forward on right heel
- 30 Turn right toe to right and step down on right
- 31 Step forward on left heel
- 32 Turn left toe to left and make $\frac{1}{4}$ turn to the left and step down on left

SLAP LEATHER AND VINE

- 33 Point right toe to the front
- 34 Point right toe to the right
- 35 Swing right foot across left leg
- 36 Swing right foot back to right side making $\frac{1}{4}$ turn to the left
- 37 Step right on right foot

- 38 Step left foot behind right
- 39 Step right on right foot
- 40 Stomp up left next to right

7-COUNT VINE, TOUCH RIGHT

- 41 Step left on left foot
- 42 Step right foot behind left
- 43 Step left on left foot
- 44 Step right foot across left foot
- 45 Step left on left foot
- 46 Step right foot behind left
- 47 Step left on left foot
- 48 Touch right foot next to left

REPEAT
