Carolina Stomp 'n' Kick



拍數: 80 牆數: 1 級數: Intermediate line/contra dance

編舞者: Jerry Cope (USA)

音樂: Lost and Found - Brooks & Dunn



STEP FORWARD, STOMPS, STEP BACK, TOUCH BACK

1-4 Step left foot forward, stomp right heel beside left foot, step right foot back, touch left toe

back

5-9 Same as 1-4 except stomp right heel twice

10-15 Same as 1-4 except stomp right heel three times

STEP FORWARD, KICK(S), STEP BACK, COASTER STEPS

16-19 Step left foot forward, kick right foot forward, step back on right foot, step left foot beside right

foot, step forward on right foot

20-24 Same as 16-19 except kick right foot forward twice

25-30 Same as 16-19 except kick right foot forward three times

SHUFFLE FORWARD BETWEEN RANKS, CROSS, UNWIND, CROSS, STEP BACK

31&32 Shuffle forward left, right, left

33&34 Shuffle forward right, left, right (clapping hands with right and left dancers as you pass)

35&36 Shuffle forward left, right, left

37-38 Cross right foot in front of left foot, unwind ½ turn 39-40 Cross right foot in front of left foot, step left foot back

Dancers will have exchanged facing directions. The next 40 counts will be exactly the same steps as the first 40 except that all footwork will be opposite and dancers will be in the original starting facing positions after step 80

STEP FORWARD, STOMPS, STEP BACK, TOUCH BACK

41-44 Step right foot forward, stomp left heel beside right foot, step left foot back, touch right toe

back

45-49 Same as 41-44 except stomp left heel twice

50-55 Same as 41-44 except stomp left heel three times

STEP FORWARD, KICK(S), STEP BACK, COASTER STEPS

56-59 Step right foot forward, kick left foot forward, step back on left foot, step right foot beside left

foot, step forward on left foot

60-64 Same as 56-59 except kick left foot forward twice

65-70 Same as 56-59 except kick left foot forward three times

SHUFFLE FORWARD BETWEEN RANKS, CROSS, UNWIND, CROSS, STEP BACK

71&72 Shuffle forward right, left, right

73&74 Shuffle forward left, right, left (clapping hands with left and right dancers as you pass)

75&76 Shuffle forward right, left, right

77-78 Cross left foot in front of right foot, unwind ½ turn
79-80 Cross left foot in front of right foot, step right foot back

Dancers are now in original facing positions

REPEAT