

Cactus Juice Stomp

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 1 級數: line/contra dance
編舞者: Cheryl Knighton (USA) & Paul Goddard (USA)
音樂: Hillbilly Rap - Neal McCoy



STOMP, STOMP, ROCK, ROCK

- 1 Stomp right foot
- 2 Stomp left foot (shoulder width apart)
- 3 Rock weight back onto both heels (toes raised and say whoa)
- 4 Rock weight forward (toes down)

SHUFFLE, ROCK, RECOVER

- 5&6 Shuffle step to right side right, left, right
- 7 Rock step on left behind right (slight diagonal)
- 8 Rock weight forward onto right foot

SHUFFLE, ROCK, RECOVER

- 9&10 Shuffle step to left side left, right, left
- 11 Rock step on right behind left (slight diagonal)
- 12 Rock weight forward onto left

SHUFFLE, STEP, PIVOT ½

- 13&14 Shuffle step forward right, left, right
- 15 Step left foot forward
- 16 Pivot ½ turn to right, step on right

****SEE VARIATION NOTES****

SHUFFLE, STEP, PIVOT ½

- 17&18 Shuffle step forward left, right, left
- 19 Step forward right
- 20 Pivot ½ turn to left, step on left

FORWARD THREE, STOMP AND CLAP

- 21 Step forward on right
- 22 Step forward on left
- 23 Step forward on right
- 24 Stomp left and clap (contra line dance: slap hands of person across line)

BACK THREE, TOUCH AND CLAP

- 25 Step back on left
- 26 Step back on right
- 27 Step back on left
- 28 Touch right toe back and clap

KICK-BALL-CHANGE TWICE

- 29&30 Kick right foot forward, quickly step on right then left
- 31&32 Kick right foot forward, quickly step on right then left

REPEAT

Contra Variations: To juice things up a bit substitute a step forward left step forward right for the ½ turn right. Shuffle forward left, right, left. Execute the ½ turn left. The contra lines have now switched sides. To make things really juicy, do 2 regular patterns followed by 2 variation patterns etc. etc.

