

# Bar Fly Stomp

**COPPER KNOB**  
STEPPERS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Lana Harvey (USA)  
音樂: Another Good Reason - Alan Jackson



## FORWARD STOMP FANS

1            Stomp left forward, toe pointing 45 to right side  
2            Fan left toe to 45 left, putting weight on left  
3            Stomp right forward, toe pointing 45 to left side  
4            Fan right toe to 45 right, putting weight on right  
5-8         Repeat 1-4

## FORWARD ROCK, HOLD, BACK, HOLD, STEP-SLIDE-STEP/½ TURN

9-10        Stomp forward onto left, hold  
11-12      Rock back onto right, hold  
13         Turning ¼ left, step left to left side  
14         Slide right to left, weight on it.  
15-16      Turning ¼ left, step forward on left, hold.

## FORWARD STOMP FANS

17          Stomp right forward, toe pointing 45 to left side  
18          Fan right toe to 45 right, putting weight on right  
19          Stomp left forward, toe pointing 45 to right side  
20          Fan left toe to 45 left, putting weight on left  
21-24      Repeat 17-20

## FORWARD ROCK, HOLD, BACK, HOLD, STEP-SLIDE-STEP/½ TURN

25-26      Stomp forward onto right, hold  
27-28      Rock back onto left, hold  
29         Turning ¼ right, right to right side  
30         Slide left to right, weight on it  
31-32      Turning ¼ right, step forward on right, hold

## STEP-SLIDE-STEP, SCUFF, STEP, SCUFF, STEP SCUFF

33-34      Step left to left, slide right to left, weight on it  
35-36      Step left to left, scuff right heel forward  
37-38      Step right next to left, scuff left heel forward  
39-40      Step left next to right, scuff right heel forward

## STEP-SLIDE-STEP/¼ RIGHT, SCUFF, STEP, SCUFF, STEP/¼ RIGHT, SCUFF

41-42      Step right to right  
42         Slide left to right, weight on it  
43         Step right to right turning ¼ right  
44         Scuff left heel forward  
45         Step forward on left  
46         Scuff right heel forward  
47         Step right forward ¼ turn to right  
48         Scuff left heel forward

## FORWARD ROCK, RECOVER, BACK HITCH/SCOOT

49-50      Rock forward on left, rock back onto right

51-52 Step back left, hitch right knee and scoot back on left  
53-54 Step back right, hitch left knee and scoot back on right  
55-56 Step back, rock forward onto right.

**Easier option: on 51-54, just step back and hitch, leaving out the scoots.**

**BACK ROCK, STEP, SCUFF, HEEL, HITCH/SCOOT, HEEL, HOLD**

57-58 Step forward on left, scuff right heel forward  
59-60 Cross step right over left, scoot back on right.  
61-62 Cross left over right, scoot back on left.  
63-64 Stomp right next to left, weight on it, hold

**Easier option, 59-62: cross, hold, cross, hold.**

**REPEAT**

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