

Heavy Foot Stomp

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 2
編舞者: Knox Rhine (USA) - January 2011
音樂: Heavy Foot Stomp - Mungo Jerry

級數: Ultra Beginner



Alt. Music: Overseas Stomp/ The Grateful Dead (113 bpm)

And: Honky Tonk Side of Town by Randy Travis (130 bpm)

RIGHT SIDE, TOGETHER, SIDE, STOMP, LEFT SIDE, TOGETHER, SIDE, STOMP

- 1 Step RIGHT foot to right side
- 2 Step LEFT foot beside right foot
- 3 Step RIGHT foot to right side
- 4 Stomp LEFT foot beside right foot
- 5 Step LEFT foot to left side
- 6 Step RIGHT foot beside left foot
- 7 Step LEFT foot to left side
- 8 Stomp RIGHT foot beside left foot

STEP, TOGETHER, STEP, STOMP, BACK, TOGETHER, BACK, STOMP

- 9 Step RIGHT foot forward
- 10 Step LEFT foot beside right foot
- 11 Step RIGHT foot forward
- 12 Stomp LEFT foot beside right foot
- 13 Step LEFT foot back
- 14 Step RIGHT foot beside left foot
- 15 Step LEFT foot back
- 16 Stomp RIGHT foot beside left foot

STEP, 1/4 TURN, STOMP, STOMP, CLAP, CLAP, STOMP, STOMP

- 17 Touch RIGHT toe/ball forward.
- 18 Pivot 1/4 turn left on ball of LEFT foot
- 19 Stomp RIGHT foot beside left foot
- 20 Stomp LEFT foot beside right foot
- 21 Clap hands
- 22 Clap hands
- 23 Stomp RIGHT foot beside left foot
- 24 Stomp LEFT foot beside right foot

STEP, 1/4 TURN, STOMP, STOMP, CLAP, CLAP, STOMP, STOMP

- 25 Touch RIGHT toe/ball forward.
- 26 Pivot 1/4 turn left on ball of LEFT foot
- 27 Stomp RIGHT foot beside left foot
- 28 Stomp LEFT foot beside right foot
- 29 Clap hands
- 30 Clap hands
- 31 Stomp RIGHT foot beside left foot
- 32 Stomp LEFT foot beside right foot