

Stomp'n' Mud

COPPER **KNOB**
BY STEPHENETS

拍數: 32 牆數: 4 級數: Advanced Beginner
編舞者: A. J. Herbert (USA) - January 2011
音樂: Kickin Up Mud - The Lacs



This dance is dedicated to those carefree days of my youth with my brother and the awesome mud puddles: first walking around them, then testing with first one foot then the other, then jumping right smack into the middle with both feet and a big ol' grin on our faces, then wading back and forth, then (gulp!) "hearing Mama call" and hurriedly trying to kick the mud off those shoes we weren't supposed to get dirty in the first place! Start dance 16 counts from beginning of track with vocals.

[1-8] R STEP-L TOUCH, L STEP-R TOUCH MAKING 1/2 TURN LEFT, REPEAT

1,2 R step forward turning 1/8 left (1), L touch next to R (2)
3,4 L step side turning 1/8 left (3), R touch next to L (4)
5,6 R step forward turning 1/8 left (5), L touch next to R (6)
7,8 L step side turning 1/8 left (7), R touch next to L (8)

[9-16] R-L SIDE STEP-STOMPS, STRADDLE HOP, JUMP-CROSS-UNWIND 1/2 LEFT, STOMP

1,2 R step to right side (1), L stomp next to R (2)
3,4 L step to left side (3), R stomp next to L (4)
5,6 Jumping slightly, step R and L shoulder width apart (5), Jumping slightly, cross R over L (6)
7,8 Unwind 1/2 left, weight on balls of both feet (7), Jumping slightly, stomp both feet (8) (shift weight to L to prep for next step)

Alternative steps for jumps:

5,6 R touch to right side (5), R touch across L (6)
7,8 Unwind 1/2 left, weight on ball of L (7), R touch next to L (8)

[17-24] R SIDE SKATES, L SIDE SKATES WITH 1/4 LEFT

1,2 R drag-step swiveling to right side (1), L drag-step next to R (2).
3,4 R drag-step swiveling to right side (3), L touch next to R (4)
5,6 L drag-step swiveling to left side (5), R drag-step next to L (6)
7,8 L drag-step swiveling 1/4 left (7), R touch next to L (8)

[25-32] R KICK FWD 2X, L KICK FWD 2X, R-L-R HEEL SWITCHES, HOLD

1,2& R kick forward twice (1)-(2), R step next to L (&)
3,4& L kick forward twice (3)-(4), L step next to R (&)
5&6& R heel touch forward (5), R step next to L (&), L heel touch forward (6), L step next to R (&)
7,8 R heel touch forward (7), Hold (8)

START AGAIN!

Contact: Web site: <http://home.earthlink.net/~theherberts>