

The Stomp

拍數: 64 牆數: 4 級數: Intermediate
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音樂: Stomp Your Feet - Francisca Urío : (CD: Alpha Girl)



32 Count intro

Cross. Hold. & Heel Jack. Hold. & Cross. 1/4 Turn Right. 1/4 Turn Chasse Right.

- 1 – 2 Cross step Left over Right. Hold.
- &3 – 4 Step Right to Right side and Slightly back. Dig Left heel Diagonally forward Left. Hold.
- &5 – 6 Step Left back to place. Cross step Right over Left. Make 1/4 turn Right stepping back on Left.
- 7&8 Make 1/4 turn Right stepping Right to Right side. Close Left beside Right. Step Right to Right side.

Cross. Hold. & Heel Jack. Hold. & Cross. 1/4 Turn Right. Right Shuffle 1/2 Turn Right.

- 1 – 2 Cross step Left over Right. Hold. (Facing 6 o'clock)
- &3 – 4 Step Right to Right side and Slightly back. Dig Left heel Diagonally forward Left. Hold.
- &5 – 6 Step Left back to place. Cross step Right over Left. Make 1/4 turn Right stepping back on Left.
- 7&8 Right shuffle making 1/2 turn Right stepping Right. Left. Right. (Facing 3 o'clock)

Forward Rock. Left Lock Step Back. 2 x 1/2 Turns Right. Behind & Cross.

- 1 – 2 Rock forward on Left. Rock back on Right.
- 3&4 Step back on Left. Lock step Right across Left. Step back on Left.
- 5 – 6 Make 1/2 turn Right stepping forward on Right. Make 1/2 turn Right stepping back on Left.
- 7&8 Cross Right behind Left. Step Left to Left side. Cross step Right over Left.

Side Stomp Left. Hold. & Side Step Left. Touch. Rolling Vine Full Turn Right. Touch.

- 1 – 2 Stomp Left out to Left side. Hold.
- &3 – 4 Step ball of Right beside Left. Step Left to Left side. Touch Right toe beside Left.
- 5 – 8 Rolling Vine Full turn Right stepping Right. Left. Right. Touch Left toe beside Right.

Side Stomp Left. Drag. Back Rock. Step Forward. Lock. Right Lock Step Forward.

- 1 – 2 Stomp Left out to Left side. Drag Right towards Left. (Weight on Left)
- 3 – 4 Rock back on Right. Rock forward on Left.
- 5 – 6 Step forward on Right. Lock step Left behind Right.
- 7&8 Step forward on Right. Lock step Left behind Right. Step forward on Right. (Facing 3 o'clock)

Stomp Forward. Hold. Out – Out. Step In. Cross. 2 x 1/4 Turns Left. Side Step Right.

- 1 – 2 Stomp forward on Left. Hold. (Spreading Hands Out To Each Side)
- &3 Jump Right out to Right side. Jump Left out to Left side. (Weight on Left) (Feet shoulder width Apart)
- 4 Step Right back into Centre.
- 5 – 6 Cross step Left over Right. Make 1/4 turn Left stepping back on Right.
- 7 – 8 Make 1/4 turn Left stepping Forward on Left. Step Right to Right side. ***Restart – See Note***

& Side Stomp Right. Hold. Behind & Cross. Side Rock. Recover 1/4 Turn Left. 2 x 1/2 Turns Left.

- &1 – 2 Step ball of Left beside Right. Stomp Right out to Right side. Hold. (Facing 9 o'clock)
- 3&4 Cross Left behind Right. Step Right to Right side. Cross step Left over Right.
- 5 – 6 Rock Right out to Right side. Recover weight on Left making 1/4 turn Left.
- 7 – 8 Make 1/2 turn Left stepping back on Right. Make 1/2 turn Left stepping forward on Left.

Stomp Forward. Hold. & 2 x Walks Forward. Step. Pivot 3/4 Turn Left. Chasse Right.

1 – 2 Stomp forward on Right. Hold. (Facing 6 o'clock)

&3 – 4 Step ball of Left beside Right. Walk forward on Right. Walk forward on Left.

5 – 6 Step forward on Right. Pivot 3/4 turn Left.

7&8 Step Right to Right side. Close Left beside Right. Step Right to Right side. (Facing 9 o'clock)

Start Again

Note: A Restart is needed during Wall 2: Dance to Count 48, Then Start the dance again from the Beginning (Facing 6 o'clock)
