Ε	Idoi	rad	0
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Count: 32



Ebene: Intermediate

Choreograf/in: Rick Bates (USA) & Deborah Bates (USA)

Wand: 2

Musik: Stampede Strut - Rick Tippe



SYNCOPATED JUMP BACK, HOLD, HEEL TAPS, WALKING KNEE POPS, SYNCOPATED CLAPS Jump back onto right foot; jump back onto left foot next to right; hold &1-2 3-4 With feet in place tap heels of both feet twice 5-6 Step forward onto ball of right foot bending knee slightly forward; lower right heel and straighten right knee while stepping forward onto ball of left foot bending knee slightly forward 7&8 Lower left heel and straighten left knee while stepping forward onto ball of right foot bending knee slightly forward; hold and clap hands twice TURNING KNEE POP, HOLD, WALKING KNEE POP, HOLD, SYNCOPATED DIAGONAL CROSS STEPS, HOLDS 9-10 Step a ¼ turn to the left (to the left) onto ball of left foot bending knee slightly forward while straightening right knee; hold 11-12 Lower left heel and straighten left knee while stepping forward onto ball of right foot bending knee slightly forward: hold &13-14 Step back and diagonally to the left on left foot; cross right foot over left and step; hold &15-16 Step back and diagonally to the left on left foot; cross right foot over left and step; hold SIDE PUSH STEP, CROSS, HOLD, SQUAT, UNWIND 17-18 Step to the left on ball of left foot; push off of left foot and rock onto right foot in place 19-20 Cross left foot over right and step; hold Place arms out to sides at waist level, palms facing down for counts 21-22 21-22 With legs crossed, bend knees and lower body; straighten knees and stand upright 23-24 Unwind ¹/₂ turn to the right on these two beats TOE TOUCH, CROSS, UNWIND, DIAGONAL PUSH STEPS 25-26 Touch right toe to the right; cross right foot over left Option: For high energy dancers replace counts 25-26 with the following 25 Jump feet about shoulder width apart 26 Jump and cross right foot over left 27-28 Unwind ³/₄ turn to the left on these two counts 29&30 Step back and diagonally to the right on right foot; push off of right foot and rock onto left foot in place; step right foot next to left 31&32 Step back and diagonally to the left on left foot; push off of left foot and rock onto right foot in place; step left foot next to right REPEAT