

# One Fat Lady

**Count:** 24

**Wall:** 4

**Level:** Improver

**Choreographer:** Harold Grimshaw (UK)

**Music:** Foot Stomp Stompin' - The Tractors



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## HEEL SWITCHES, HOLD, SWIVETS, KNEES BEND

- 1& Dig right heel forward, step right next to left
- 2& Dig left heel forward, step left next to right
- 3-4 Dig right heel forward, hold (clap twice) with weight on right heel & left toes
- 5 Swing right toes to right (left heel to left)
- 6 Swing right toes to center (left heel to center)
- 7 Swing right toes to right (left heel to left)
- 8 Swinging feet to center, bend knees

## ¼ TURN STOMPS, STEP/PIVOT ½ RIGHT, FORWARD STOMPS, HOLD

- 9 Stomp right forward ¼ to right
- 10-11 Stomps forward (left, right)
- 12-13 Step forward on left, pivot ½ right
- 14-15 Stomps forward (left, right)
- 16 Hold (clap twice)

## FORWARD STOMPS, STEP/PIVOT ½ LEFT, FORWARD STOMPS, HOLD

- 17-19 Stomps forward (left, right, left)
- 20-21 Step forward on right, pivot ½ left
- 22-23 Stomps forward (right, left)
- 24 Hold (clap twice)

## REPEAT

## TAG

Six count pause at the end of the dance facing back wall third time around (on repetition of the word "dance")  
Option: six stomps (right, left, right, left, right, left)

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