Count: 56
Wall: 2
Level:
Choreographer: Rob Loudermilk (USA) \& Beverly George Thompson (USA)
Music: Sold - John Michael Montgomery

## STOMP, HOLD, BODY ROLL, REPEAT

1 Stomp the right foot slightly forward

2
3-4

5
6
7-8

Hold
Starting with the top of the head, lean the body slightly forward and start a rolling action as if you are avoiding a broom being passed down the back
Stomp the left foot slightly forward
Hold
Starting with the top of the head, lean the body slightly forward and start a rolling action as if you are avoiding a broom being passed down the back

## SUGAR FOOT, HOLD, SUGAR FOOT, HOLD, SUGAR FOOT TWICE

Touch the right toe down in front, the heel of the right foot should be pointing out to the right side, knee bent
Touch the right heel down in front, the toe of the right foot should be pointing out to the right side, knee bent
Touch the right foot down flat slightly in front of the left foot, the toe of the right foot should be pointing out to the right side
Hold
Touch the left toe down in front, the heel of the left foot should be pointing out to the left side, left knee bent
Touch the left heel down in front, the toe of the left foot should be pointing out to the left side, left knee bent
Touch the left foot down flat slightly in front of the right foot, the toe of the left foot should be pointing out to the left side
Hold
Touch the right toe down in front, the heel of the right foot should be pointing out to the right side
Touch the right heel down in front, the toe of the right foot should be pointing out to the right side
Touch the right foot down flat slightly in front of the left foot, the toe of the right foot should be pointing out to the right side
Touch the left toe down in front, the heel of the left foot should be pointing out to the left side
Touch the left heel down in front, the toe of the left foot should be pointing out to the left side
Touch the left foot down flat slightly in front of the right foot, the toe of the left foot should be pointing out to the left side

## STOOGES WALK, PIVOT $1 ⁄ 2$, STOMP

\&
23
\&
24
25
26

Bend the right knee so that right foot is raised up in back
Hop back on the left foot, bring right foot back down with toes of the right foot touching the floor
Bend the right knee so that right foot is up in back
Hop back on the left foot, bring right foot back down with toes of the right foot touching the floor
Pivot $1 / 2$ turn to the right on the right foot
Stomp the left foot next to the right
KICK, KICK, FLOOR SWEEP
27
Kick left foot forward

Kick left foot forward
Bring left foot back so that it is crossed behind the right foot and placed to the right of the right foot
Rotate the body a full turn to the left unwinding the legs, and shift weight to right foot (the right foot should slide in place next to the left foot so that the feet don't rewind). This is a four count spin.

## KNEE ROLL $1 ⁄ 4$ TURN, BOUNCE, REPEAT THREE TIMES

33
34
\&
35
\&
36
37
38
\&
39
\&
40
41
42
\&
43
\&
44
45
46
\&
47
\&
48

With knees bent, swing left knee to the left and pivot $1 / 4$ turn to the left With knees bent, swing right knee to the left
Raise up onto toes and bend knees
Lower heels back to floor
Raise up onto toes and bend knees
Lower heels back to floor
With knees bent, swing left knee to the left and pivot $1 / 4$ turn to the left With knees bent, swing right knee to the left
Raise up onto toes and bend knees
Lower heels back to floor
Raise up onto toes and bend knees
Lower heels back to floor
With knees bent, swing left knee to the left and pivot $1 / 4$ turn to the left
With knees bent, swing right knee to the left
Raise up onto toes and bend knees
Lower heels back to floor
Raise up onto toes and bend knees
Lower heels back to floor
With knees bent, swing left knee to the left and pivot $1 / 4$ turn to the left
With knees bent, swing right knee to the left
Raise up onto toes and bend knees
Lower heels back to floor
Raise up onto toes and bend knees
Lower heels back to floor

## JUMPING JACK, KICK, REPEAT THREE TIMES

Jump out to side so that feet are spread as if in a jumping jack Jump so that feet return to original position Kick left foot forward and hop on right foot Jump so that feet return to original position Jump out to side so that feet are spread as if in a jumping jack Jump so that feet return to original position Kick right foot forward and hop on left foot Jump so that feet return to original position Jump out to side so that feet are spread as if in a jumping jack Jump so that feet return to original position Kick left foot forward and hop on right foot Jump so that feet return to original position Jump out to side so that feet are spread as if in a jumping jack Jump so that feet are half way back to original position Jump so that feet return to original position

REPEAT - NO TAGS, NO RESTARTS

## ALTERNATIVE: The last 8 counts can be done without having to jump;

49 \& touch left toe to side, touch left toe to center,

50 \& touch left heal in front, step down on left foot next to right foot
51 \& Touch right toe to right side, touch right toes to center
52 \& Touch right heal in front, step down on right foot next to left foot
53 \& touch left toe to side, touch left toe to center,
54 \& touch left heal in front, step down on left foot next to right foot
$55 \& 56 \quad$ Touch right toe to right side, touch right toe next to left foot, HOLD
Last Update - 26 May 2022

