

Carolina Stomp 'n' Kick

COPPER KNOB
STEPSHEETS

Count: 80

Wall: 1

Level: Intermediate line/contra dance

Choreographer: Jerry Cope (USA)

Music: Lost and Found - Brooks & Dunn



STEP FORWARD, STOMPS, STEP BACK, TOUCH BACK

- 1-4 Step left foot forward, stomp right heel beside left foot, step right foot back, touch left toe back
- 5-9 Same as 1-4 except stomp right heel twice
- 10-15 Same as 1-4 except stomp right heel three times

STEP FORWARD, KICK(S), STEP BACK, COASTER STEPS

- 16-19 Step left foot forward, kick right foot forward, step back on right foot, step left foot beside right foot, step forward on right foot
- 20-24 Same as 16-19 except kick right foot forward twice
- 25-30 Same as 16-19 except kick right foot forward three times

SHUFFLE FORWARD BETWEEN RANKS, CROSS, UNWIND, CROSS, STEP BACK

- 31&32 Shuffle forward left, right, left
- 33&34 Shuffle forward right, left, right (clapping hands with right and left dancers as you pass)
- 35&36 Shuffle forward left, right, left
- 37-38 Cross right foot in front of left foot, unwind ½ turn
- 39-40 Cross right foot in front of left foot, step left foot back

Dancers will have exchanged facing directions. The next 40 counts will be exactly the same steps as the first 40 except that all footwork will be opposite and dancers will be in the original starting facing positions after step 80

STEP FORWARD, STOMPS, STEP BACK, TOUCH BACK

- 41-44 Step right foot forward, stomp left heel beside right foot, step left foot back, touch right toe back
- 45-49 Same as 41-44 except stomp left heel twice
- 50-55 Same as 41-44 except stomp left heel three times

STEP FORWARD, KICK(S), STEP BACK, COASTER STEPS

- 56-59 Step right foot forward, kick left foot forward, step back on left foot, step right foot beside left foot, step forward on left foot
- 60-64 Same as 56-59 except kick left foot forward twice
- 65-70 Same as 56-59 except kick left foot forward three times

SHUFFLE FORWARD BETWEEN RANKS, CROSS, UNWIND, CROSS, STEP BACK

- 71&72 Shuffle forward right, left, right
- 73&74 Shuffle forward left, right, left (clapping hands with left and right dancers as you pass)
- 75&76 Shuffle forward right, left, right
- 77-78 Cross left foot in front of right foot, unwind ½ turn
- 79-80 Cross left foot in front of right foot, step right foot back

Dancers are now in original facing positions

REPEAT