

Solivita Stomp

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Gail Smith (USA) - May 2021

Musique: I Was On a Boat That Day - Old Dominion



Basic steps will let you choose all kinds of other songs!

INTRO: 32 Counts, begin on vocals

R HEEL, TOGETHER, L HEEL w 1/4 Turn R, R HEEL, TOGETHER, L HEEL TOGETHER

- 1 - 2 Tap R heel fwd, Step R together
- 3 - 4 Tap L heel fwd, Swivel L toes to R making 1/4 turn R (weight on L) 9:00
- 5 - 6 Tap R heel fwd, Step R together
- 7 - 8 Tap L heel fwd, Step L together

R ROCKING CHAIR, STEP, PIVOT 1/2, STEP FWD, HOLD

- 1 - 2 Rock R fwd, Recover onto L
- 3 - 4 Rock R back, Recover onto L
- 5 - 6 Step R fwd, Pivot 1/2 L - 3:00
- 7 - 8 Step R fwd, HOLD and snap fingers or clap

L SIDE, ROCK, CROSS, HOLD, R SIDE, ROCK, CROSS, HOLD

- 1 - 2 Rock L out to side, Recover onto R
- 3 - 4 Step L across R, HOLD and snap fingers or clap
- 5 - 6 Rock R out to side, Recover onto L
- 7 - 8 Step R across L, HOLD and snap fingers or clap

SIDE TOUCHES, STEP FWD, STOMP, STEP FWD, STOMP UP

- 1 - 2 Step L to side, Touch R toes next to L foot
- 3 - 4 Step R to side, Touch L toes next to R foot
- 5 - 6 Step L fwd, Stomp R (weight on R)
- 7 - 8 Step L fwd, Stomp R but pick up your foot (weight on L) ready to start over.

START AGAIN!

This dance was named for my students in the Solivita Retirement Community, in Poinciana, FL.