

# Go Go Stomp 搖滾爵士

Count: 68

Wall: 1

Level:

Choreographer: Gloria & Emmitt Nelson

**Music:** Any Man Of Mine by Shania Twain [ 157 bpm / CD: CD Single / CD: The Woman In Me ]  
Workin' For The Weekend by Ken Mellons [ 180 bpm / CD: Ken Mellons ]  
Third Rock From The Sun by Joe Diffie [ 152 bpm / CD: Third Rock From The Sun / CD: Greatest Hits



## 第一段 第二段

**Forward Step, Twist, Stomp, Hold (Repeat 4 Times)**

前踏, 旋繞, 重踏, 候(重覆四次)

- 1 Step Forward On Right Heel (Right Toe Is At 45 Degree Angle Pointing Left) 右足踵前踏 ( 右足趾向左指45度 )
- 2 Twist Right Heel (Toe Is Pointing To Forward) 右足踵旋繞 ( 右足趾向前指 )
- 3 Stomp Left Foot Next To Right Foot 左足在右足旁重踏
- 4 Pause For One Beat (Clap) 候 ( 拍手 )
- 5-16 Repeat Counts 1-4 Three More Times 重複1-4拍三次

## 第三段

**Rock Forward, Rock Back, Rock Back, Rock Forward  
Step Forward, Turn To The Left, Step Forward, Turn To The Left**  
前下沉, 後下沉, 後下沉, 前下沉, 前踏, 左轉, 前踏, 左轉

- 1-4 Rock Forward On Right Foot, Rock Back On Left Foot, Rock Back On Right Foot, Rock Forward On Left Foot.  
右足前下沉, 左足後下沉, 右足後下沉, 左足前下沉
- 5-8 Step Forward On Right Foot, Pivot ¼ Turn To The Left, Step Forward On Right Foot, Pivot ¼ Turn To The Left.  
右足前踏, 左轉90度, 右足前踏, 左轉90度

## 第四段 第五段

**Forward Step, Twist, Stomp, Hold (Repeat 4 Times)**

前踏, 旋繞, 重踏, 候(重覆四次)

- 1-16 Repeat Counts 1-16 重覆第一段第二段

## 第六段

**Step Right, Touch, Step Left, Touch, Step Right, Slide, Step Right, Touch** 右踏, 點, 左踏, 點, 右踏, 滑步, 右踏, 點

- 1-4 Step Right Foot To Right Side, Touch Left Foot Next To Right Foot, Step Left Foot To Left Side, Touch Right Foot Next To Left Foot  
右足右踏, 左足在右足旁點, 左足左踏, 右足在左足旁點
- 5-8 Step Right Foot To Right Side, Slide Left Foot Next To Right Foot, Step Right Foot To Right Side, Touch Left Foot Next To Right Foot  
右足右踏, 左足滑至右足, 右足右踏, 左足在右足旁點

## 第七段

**Step Left, Touch, Step Right Touch, Step Left, Slide, Step Left, Touch**  
左踏, 點, 右踏點, 左踏, 滑步, 左踏, 點

- 1-4 Step Left Foot To Left Side, Touch Right Foot Next To Left Foot, Step Right Foot To Right Side, Touch Left Foot Next To Right Foot  
左足左踏, 右足在左足旁點, 右足右踏, 左足在右足旁點
- 5-8 Step Left Foot To Left Side, Slide Right Foot Next To Left Foot, Step Left Foot To Left Side, Touch Right Foot Next To Left Foot  
左足左踏, 右足滑至左足, 左足左踏, 右足在左足旁點

- 第八段**      **Step Forward, Pivot To The Left, Touch, Step Left, Touch, Step Left, Touch, Step Right, Pivot To The Left, Touch, Step Left, Touch**  
**前踏, 左轉, 點, 左踏, 點, 左踏, 點, 右踏, 左轉, 點, 左踏, 點**
- 1-4      Step Forward On Right Foot While Pivoting  $\frac{1}{4}$  Turn To The Left, Touch Left Foot Next To Right Foot, Step Left Foot To Left Side, Touch Right Foot Next To Left Foot  
左轉90度右足前踏, 左足在右足旁點, 左足左踏, 右足在左足旁點
- 5-8      Step Right Foot To Right Side While Pivoting  $\frac{1}{4}$  Turn To The Left, Touch Left Foot Next To Right Foot, Step Left Foot To Left Side, Touch Right Foot Next To Left Foot  
左轉90度右足右踏, 左足在右足旁點, 左足左踏, 右足在左足旁點
- 第九段**      **Strut Right, Strut Left**  
**右趾踵步, 左趾踵步**
- 1-4      Step Forward On Right Heel, Snap Right Toe Down, Step Forward On Left Heel, Snap Left Toe Down.  
右足踵前踏, 右足趾踏下, 左足踵前踏, 左足趾踏下
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