

# Swingin' & Stompin'

拍数: 32      墙数: 4      级数: Beginner  
编舞者: DEE DEE Dougherty (USA) - April 2018  
音乐: Amazing Grace - Charlie Rich  
或: The Right to Remain Silent - Doug Stone  
或: Tell Me Ma - Sham Rock  
或: Toss the Feathers - The Corrs



Alt. music: -

The Right To Remain Silent by Doug Stone; (Irish flavor;)

Tell Me Ma by Sham Rock;

Toss the Feathers by The Corrs (X-Mas;)

Swingin' Home For Christmas by Allen Jackson

## STOMP, KICK & TRIPLES (R & L)

1- 2      Stomp right in place (no weight), Kick right out to the side  
3&4      Triple in place stepping right, left, right  
5- 6      Stomp left in place (no weight), Kick left out to the side  
7&8      Triple in place stepping left, right, left

## VINE/or SLIDE with TRIPLES (R & L) with LEFT 1/4 TURN

1- 2      Step right to side, Step left together /or Cross left behind right  
3&4      Triple in place stepping right, left, right  
5-6      Step left to side, Step right together /or cross right behind left  
7&8      Triple in place Turning 1/4 left, stepping left, right, left

## ROCK, RECOVER and TRIPLES (R & L) with 1/2 TURNS or (No Turn)

1- 2      Rock step forward right, recover weight to left  
3&4      Triple R-L-R Turning 1/2 right /or Triple in place (No Turn)  
5- 6      Rock step forward left, recover weight back to right  
7&8      Triple L-R-L Turning 1/2 turn left/or Triple in place (No Turn)

## POINT, FORWARD & SIDE and TRIPLES (R & L)

1- 2      Point/Touch right toe forward, Point/Touch right out to the side  
3&4      Triple in place /stepping right, left, right  
5- 6      Point/Touch left toe forward, Point/Touch left out to the side  
7&8      Triple in place/stepping left, right, left

## REPEAT

\* Step sheet compliments of DANCE WITH DEE DEE.\*