

# One Fat Lady

**COPPER KNOB**  
STEPSHEETS

拍数: 24      墙数: 4      级数: Improver  
编舞者: Harold Grimshaw (UK)  
音乐: Foot Stomp Stompin' - The Tractors



## HEEL SWITCHES, HOLD, SWIVETS, KNEES BEND

- 1&      Dig right heel forward, step right next to left
- 2&      Dig left heel forward, step left next to right
- 3-4      Dig right heel forward, hold (clap twice) with weight on right heel & left toes
- 5      Swing right toes to right (left heel to left)
- 6      Swing right toes to center (left heel to center)
- 7      Swing right toes to right (left heel to left)
- 8      Swinging feet to center, bend knees

## ¼ TURN STOMPS, STEP/PIVOT ½ RIGHT, FORWARD STOMPS, HOLD

- 9      Stomp right forward ¼ to right
- 10-11      Stomps forward (left, right)
- 12-13      Step forward on left, pivot ½ right
- 14-15      Stomps forward (left, right)
- 16      Hold (clap twice)

## FORWARD STOMPS, STEP/PIVOT ½ LEFT, FORWARD STOMPS, HOLD

- 17-19      Stomps forward (left, right, left)
- 20-21      Step forward on right, pivot ½ left
- 22-23      Stomps forward (right, left)
- 24      Hold (clap twice)

## REPEAT

## TAG

Six count pause at the end of the dance facing back wall third time around (on repetition of the word "dance")  
Option: six stomps (right, left, right, left, right, left)

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