

J D Stomp

拍数: 32 墙数: 2 级数: Improver
编舞者: Julie Whitehead (UK) & Dale Turner (UK)
音乐: Rockabilly Rock - Shakin' Stevens



2 WALKS FORWARD, RIGHT FOOT FORWARD ROCK, STEP BACK, 2 WALKS BACK, LEFT FOOT BACK ROCK, STEP FORWARD

1-2 Walk forward right foot then left foot
3&4 Rock forward on right foot, recover on to left, step right foot back
5-6 Walk back left foot then right foot
7&8 Rock back on left foot, recover on to right, step left foot forward

HEEL HOOK TWICE, RIGHT FOOT DIAGONAL LOCK FORWARD, HEEL HOOK TWICE, LEFT FOOT DIAGONAL LOCK FORWARD

1&2& Tap right heel forward, hook right foot in front of left leg twice
3&4 Step right foot diagonally forward, step left foot behind right foot, step right foot forward
5&6& Tap left heel forward, hook left foot in front of right leg twice
7&8 Step left foot diagonally forward, step right foot behind left foot, step left foot forward

¼ TURN RIGHT (3 STEPS OF A BOX), LEFT FOOT SHUFFLE FORWARD, RIGHT FOOT FORWARD ROCK, ½ TURN RIGHT, FULL TURN RIGHT

1&2 Cross right foot over left foot, step left foot back turning ¼ right, step right foot forward
3&4 Step forward on left foot, step right foot beside left foot, step forward on left foot
5&6 Rock forward on right foot, recover on to left foot, turn ½ to the right stepping forward on right foot
7&8 Step back on left turning ½ to right, step forward on right turning ½ to the right, step forward on left foot

The full turn can be replaced with a left lock forward

RIGHT FOOT MAMBO, COASTER STEP ¼ TURN LEFT, STEP KICK TWICE, STOMPS

1&2 Rock to the right side with right foot, recover on to left foot, close right foot to left foot
3&4 Step back on left foot turning ¼ to left, step right foot beside left foot, step left foot forward
5&6& Step on right foot kick left foot behind, step on left foot kick right foot behind
7&8& Stomp feet - right, left, right, left

REPEAT