Solivita Stomp



拍數: 32 牆數: 4 級數: Improver

編舞者: Gail Smith (USA) - May 2021

音樂: 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
1 - 2	TAD IN THEEL ING. SIED IN TOUGHTE

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 together7 - 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
0 4	01 1 5 11015 1 5

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	Ston I find Stomp D (moight on D)

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.