Rednex Stomp



拍數: 56 編數: Improver contra dance

編舞者: Chris Kumre (USA) 音樂: Cotton Eye Joe - Rednex



Position: Begin back to back, about 8 feet apart

TOE FANS

1-4 Right toe fan out, fan in, fan out, fan in 5-8 Left toe fan out, fan in, fan out, fan in

TOE AND HEEL SPLITS

9-10 Both toes fan out, both toes in 11-12 Both heels fan out, both heels in

RIGHT AND LEFT HOOK

13-14	Right heel touch forward, right hook across left leg
15-16	Right heel touch forward, right step together
17-18	Left heel touch forward, left hook across right leg
19-20	Left heel touch forward, left step together

STOMP AND HOLD, PIVOT TURN AND HOLD

21-22 Right stomp forward, hold 23-24 Pivot ½ turn left, hold

Complete turn began with 21-22, right stomp forward

RIGHT AND LEFT KICK AND SHUFFLE

25-26	Right stomp (no weight), right kick forward
27-28	Right shuffle in place
29-30	Left stomp (no weight), left kick forward
31-32	Left shuffle in place

RIGHT AND LEFT SHUFFLE (PROMENADE) FORWARD TWICE

33-34	Right shuffle forward
35-36	Left shuffle forward
37-38	Right shuffle forward
30_40	Left shuffle forward

JAZZ BOX WITH 1/4 TURN RIGHT TWICE

41-42	Right step across left, left step back
43-44	Right step to side with 1/4 turn right, left together
45-46	Right step across left, left step back
47-48	Right step to side with 1/4 turn right, left together

RIGHT VINE AND STOMP:

49-52 Right vine (with left stomp on 4th step)

LEFT VINE WITH ½ TURN AND STOMP:

53-55 Left vine with ½ turn

56 Left stomp

REPEAT

At some point Knox Rhine added some steps to Chris' dance making it a 64 count dance. To do the Knox "altered" version insert the following as steps 41-48

REPEAT RIGHT AND LEFT KICK AND SHUFFLE AS BEFORE:

41-42	Right stomp (no weight), right kick forward
43-44	Right shuffle in place
45-46	Left stomp (no weight), left kick forward
47-48	Left shuffle in place