

Volunteer Stomp

COPPER KNOB
STEPPERS

拍數: 52 牆數: 4 級數: Intermediate
編舞者: Gloria Johnson (USA) & Dusty Miller (USA)
音樂: Steady As She Goes - Mark Collie



TOUCH AND HOOK (RIGHT)

- 1 Touch right heel forward
- 2 Hook right foot in front of left leg
- 3 Touch right heel forward
- 4 Stomp right foot next to left

SWIVEL RIGHT AND STOMP

- 5- 6 Swivel heels to right, center
- 7- 8 Stomp right foot next to left twice

TOUCH AND HOOK (LEFT)

- 9 Touch left heel forward
- 10 Hook left foot in front of right leg
- 11 Touch left heel forward
- 12 Stomp left foot next to right

SWIVEL LEFT AND STOMP

- 13- 14 Swivel heels to left, return to center
- 15- 16 Stomp left foot next to right twice

SHUFFLES

- 17&18 Shuffle right, left, right
- 19&20 Shuffle left, right, left
- 21 Step right foot out in front
- 22 Turn ½ turn to the left

- 23-28 Repeat steps 17 - 22

STEP & TURN

- 29 Step right foot out in front
- 30 Turn ¼ turn to the left

JUMPING JACKS

- 31-32 Jumping jack with right foot at 1:00, left foot at 7:00, and return
- 33-34 Jumping jack with left foot at 11:00, right foot at 5:00, and return
- 35-36 Jumping jack with right foot at 1:00, left foot at 7:00, and return

TOE POINTS

Lean slightly to left as you point your toes

- 37-38 Point right toe out to right, then to back
- 39-40 Point right toe out to right, then to front
- 41-42 Point right toe out to right, then to back
- 43 Point right toe out to right
- 44 Hitch right knee and turn ¼ turn to left at the same time

GRAPEVINE RIGHT

- 45-47 Vine right (step right, left behind right, step right)

48 Touch left foot next to right

TURNING VINE

49-51 Turning vine to left (step left angling foot, step right in front of left and turning body to left, step left placing foot so that body completes full turn and ends facing forward)

52 Stomp right foot next to left

REPEAT

OPTIONAL "ACCENT" STEPS

FOR THE "YOUNG AT HEART"

On steps 31-36, the Jumping Jacks, stomp both feet to the floor when you return. Do it with plenty of vigor!!!

FOR THE "NOT SO YOUNG AT HEART"

On the same Jumping Jack steps, stay in place and

31-32 Touch right heel at 1:00 and return

33-34 Touch left heel at 11:00 and return

35-36 Touch right heel at 1:00 and return
