Wake Up Stomp



拍數: 72 牆數: 4 級數: Intermediate

編舞者: Val Parry (UK)

音樂: Wake Up Boo! - The Boo Radleys



STOMP, KICK, SAILOR STEP, STOMP, KICK, SAILOR STEP

1-2	Stomp	riaht foot	kick diago	nally to right
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3&4 Cross right behind left, step left to left side, step right to right side

5-6 Stomp left foot, kick diagonally to left

7&8 Cross left behind right, step right to right side, step left to left side

SIDE, TOUCH, SIDE, TOUCH, STOMP, KICK, STOMP, KICK

9-10	Step right to right side, touch left next to right
11-12	Step left to left side, touch right next to left
13-14	Stomp right to right side, kick left across right
15-16	Stomp left to left side, kick right across left

SHUFFLE 1/4 RIGHT, STOMP, STOMP, KICK BALL CHANGE, HIP BUMPS

17&18 Step right to right side, close left to right, turn right ¼ to right

19-20 Stomp left, stomp right

21&22 Kick left forward, replace weight on left, step weight onto right

23&24 Stepping onto left bump hips left, right, left

STEP & POINT, KICK & STEP, HOLD, HOLD, STEP, TURN, STEP

Step right to right side, small jump on left next to right and point right to right side 827828 Small jump on right next to left & kick left forward, replace weight on left & stomp right

forward

29-30 Hold for 2 beats

31&32 Step forward on left, pivot ¼ turn right step forward on left

STOMP, KICK, STOMP, STOMP, KICK, KICK, MODIFIED SAILOR STEP

33-34 Stomp right, kick right 35-36 Stomp right, stomp left

37-38 Kick left forward and then to left diagonal

39&40 Cross left behind right, step on right beside left, step left forward

TURN 1/4 LEFT, TURN 1/4 LEFT, ROCK AND SIDE, STOMP, KICK, STOMP, STOMP

41-42 Step back on right turning ¼ left, step left foot forward turning ¼ left

43&44 Rock right across left and step right to right side

45-46 Stomp left, kick left 47-48 Stomp left, stomp right

CROSS, SIDE, SIDE, ROCK FORWARD, COASTER STEP, PIVOT 1/2 TURN RIGHT

49&50 Cross left in front of right, step right to right and step left to left side

51-52 Rock forward on right, replace weight on left

53&54 Step back on right, close left, step forward on right

55-56 Step forward on left, pivot ½ turn right

CROSS, SIDE, SIDE, ROCK FORWARD, COASTER STEP, PIVOT ½ TURN RIGHT

57&58 Cross left in front of right, step right to right and step left to left side

59-60 Rock forward on right, replace weight on left

61-62	Step back on right, close left, step forward on right
63&64	Step forward on left, pivot ¼ turn right and cross left in front of right

BACK, LOCK, BACK, TOUCH, KICK, KICK, TRIPLE STOMP

65-66	Step back on right, lock left in front of right
67-68	Step back on right, touch left in front of right
69-70	Kick left front, kick left to left diagonal

71&72 Stomp left, stomp right, stomp left, keeping weight on left

REPEAT

TAG

To be done following 4th wall KICK, KICK, MODIFIED SAILOR STEP

1-2 Kick right forward and then to right diagonal

3&4 Cross right behind left, step on left beside right, touch right next to left

RESTART

5th wall - restart after step 40