

STOMP YOUR FEET

Choreographed by Shane McKeever

Description: ABC, Street/Funky

Level: Advanced

Music: 'Sing' by Pentatonix (154bpm)

of usage 3 August 2017 to August 2018

Sequence: A, A, B, C, C, A, A(first 16 counts), B, C, C, B, B, C, C, last 8 counts of C

Part A – 32 counts

1-8: R BRUSH, R STOMP, CLAP, L CLOSE, R SIDE, TWISTS WITH KNEE POPS, FULL TURN L

1-2 Brush R next to L, stomp R to right side (body angled to 1.30)

3&4 Clap hands, step L next to R, step R to right side

5-6 Transfer weight L popping R knee in as you twist upper body left, transfer weight R popping L knee in as you twist upper body right

7-8 Make full turn left on ball of L as you drag R foot behind (no weight)

9-16: R SIDE, L BACK BALL ROCK, L SIDE, R BACK BALL ROCK, R DIAGONAL, L DIAGONAL, R FWD, L KICK OUT OUT (this goes into next set of 8)

1&2 Step R to right side (big step), rock back on ball of L, recover weight R

3&4 Step L to left side (big step), rock back on ball of R, recover weight L

5-6 Take big step R to right diagonal, take big step L to left diagonal

7-8& Step forward R, kick L forward, step L to left side

17-24: R SIDE, 2X HOLD, CLAP, R SLAP, L SLAP, CLAP, 2X HOLD, STOMP DIAGONALLY FORWARD L-R-L 1-3

Step R to right side(, Hold (2-3)

&4&5 Clap hands, slap R hand to right thigh, slap L hand to left thigh, clap hands

6-7 Hold

&8& Stomp L slightly forward to left diagonal, stomp R slightly forward to right diagonal, stomp L slightly forward to L diagonal

Styling: Knees are soft throughout counts 2-8

25-32: R BACK, L HITCH, L BACK, R HITCH, ROCKS IN PLACE FWD-BACK-FWD, ½ TURN L

1-4 Step back R, hitch L knee, step back L, hitch R knee

5-6 Step forward R pushing all weight forward to R, recover weight to L

7-8 Push weight forward again to R, make 1/2 turn left transferring weight L (face 6:00)

Part B – 16 counts

1-8: R HEEL STRUT (ARMS), L HEEL STRUT (ARMS), R JAZZ BOX (ARMS)

1-2 Touch R heel to right diagonal, drop R heel to floor as L heel pops up (weight R)

Arms: Bring both hands in towards belly button (1), spread both hands out to sides (elbows bent) (2)

3-4 Touch L heel to left diagonal, drop L heel to floor as R heel pops up (weight L)

Arms: Take R hand up touching side of face (fingers near your temple) as back of L palm touches underneath R elbow (3), Tilt head to left (L hand stays in place, fingers of R hand remain on temple) (4)

5-8 Cross R over L, step back L, step R to right side, cross L over R

Arms: take both arms up and then down to sides (5,6,7,8)

9-16: R SIDE LEANING R, LEAN L, R SIDE, L TOUCH, HOLD, L SIDE, R DRAG – ARMS THROUGH THIS SECTION

1-2 Step R to right side leaning to right (R knee slightly bent), transfer weight L leaning to left (L knee slightly bent)

Arms: (Both wrists are bent at right angles and both arms are bent at the elbow at right angles): R arm is vertical and L arm is horizontal with R elbow on top of L wrist (1), L arm is vertical and R arm is horizontal with L elbow on top of R wrist (2)

3-4 Step R to right side dragging L towards R, touch L next to R

Arms: Put L hand on top of R and move both hands to right side of body ending with them at the side of R hip (3,4)

5-6 Feet remain in place...Arms: Keeping L hand on top of R make a 'wave' shape left (go up then down) across to L hip

7-8 Arms relax naturally coming to sides. Step L to left side, drag R towards L (weight remains L)



Part C – 32 counts

1-8: 4 X SAMBA STEPS (CROSS, BALL, ROCK) R-L-R-L

- 1&2 Cross R over L, rock ball of L to left side, recover weight R
- 3&4 Cross L over R, rock ball of R to right side, recover weight L
- 5&6 Cross R over L, rock ball of L to left side, recover weight R
- 7&8 Cross L over R, rock ball of R to right side, recover weight L

9-16: R CROSS TOUCH, R SIDE TOUCH, R CROSS TOUCH, R SIDE, L TOUCH WITH 1/8 TURN R, HOLD, KNEE BOUNCES WITH ARMS

- 1-3 Touch R across L, touch R to right side, touch R across L
 - 4-5 Take big step R to right side, make 1/8 turn right as you touch L next to R (face 1:30)
- Arms: R arms swings down & all the way up in the air (arm is straight and palm is facing the up) (4,5)*

6-8

drops twice 'as if tapping a really tall person on the shoulder

17-24: 1/8 R STEPPING L SIDE, R HITCH, 1/4 TURN R SIDE, L HITCH, L

1-2 Make 1/8 turn right as you step L to left side, hitch R knee (face 3:00)

3-4 Make 1/4 turn right stepping R to right to right side, hitch L knee (face 6:00)

5-6 Step L forward to left diagonal, step R to right side (feet shoulder width apart)

7&8 Kick L forward, step in place on L, touch R next to L

25-32: R FWD ROCK, R BACK, ARM MOVEMENTS, L FWD

1-3 Rock forward R, recover weight L, step back R as you put hands together (elbows up) in 'prayer' position

4 *Arms: Slide R hand up L (R wrist is sat on top of fingers of L hand)*

5 *Arms: Drop palm of R hand down (it should be touching the back of L hand)*

& *Arms: L hand drops down (fingers of R hand are on top of L wrist)*

6 *Arms: Drop palm of R hand down (it should be touching the back of L hand)*

7-8 Step forward L, drag R towards L (weight remains L) *Arms: with both wrists still at right angles straight both arms as you take them both out to sides (R to right side, L to left side)*

Hold, bounce knees twice (just bend and straighten them (7-8) *Arms: R arm remains straight but wrist*