

# THE "MY TOWN" STOMP

LINEDANCE.COM

**Count:** 48      **Wall:** 1      **Level:** intermediate

**Choreographer:** Gloria Johnson

**Music:** My Town by Montgomery Gentry

**Counts 25-48 are the exact reverse or mirror image of counts 1-24**

**Thank you to 99.9 Frog WGNE-FM in Daytona Beach for the idea for the name of this dance and for all of your support over the years**

**Insert the name of your town between the quotation marks! (e.g., The Sanford Stomp, The Orlando Stomp, The Knoxville Stomp, etc)**

## **CROSSOVER CHASSE TO LEFT**

- 1&2**      Cross-step right over left, step left to left side, cross-step right over left
- &3-4**      Step left to left side, cross-step right over left, stomp left foot up
- 5&6**      Cross-step left over right, step right to right side, cross-step left over right
- &7-8**      Step right to right side, cross-step left over right, stomp right foot up

## **SAILOR SHUFFLES, KICK-BALL-CHANGES WITH HEEL BOUNCES**

- 9&10**      Cross-step right behind left, step left slightly left, step on right
- 11&12**      Cross-step left behind right, step right slightly right, step on left
- 13&14**      Kick right forward, step on right, step on left slightly apart from right
- 15-16**      Bounce heels twice

## **MODIFIED MONTEREY, SHUFFLE, PIVOT TURN**

- 17-18**      Point right to right side, pivot  $\frac{1}{2}$  right on ball of left shifting weight to right
- 19-20**      Point left to left side, pivot  $\frac{1}{4}$  left on ball of right shifting weight to left
- 21&22**      Step right forward, step left together, step right forward
- 23-24**      Step left forward, pivot  $\frac{1}{2}$  turn right shifting weight to right

## **CROSSOVER CHASSE TO RIGHT**

- 25&26**      Cross-step left over right, step right to right side, cross-step left over right
- &27-28**      Step right to right side, cross-step right over left, stomp right foot up

**29&30** Cross-step right over left, step left to left side, cross-step right over left

**&31-32** Step left to left side, cross-step right over left, stomp left foot up

### **SAILOR SHUFFLES, KICK-BALL-CHANGES WITH HEEL BOUNCES**

**33&34** Cross-step left behind right, step right slightly right, step on left

**35&36** Cross-step right behind left, step left slightly left, step on right

**37&38** Kick left forward, step on left, step right slightly apart from left

**39-40** Bounce heels twice

### **MODIFIED MONTEREY, SHUFFLE, PIVOT TURN**

**41-42** Point left toe to left side, pivot  $\frac{1}{2}$  turn left on ball of right shifting weight to left

**43-44** Point right toe to right side, pivot  $\frac{1}{4}$  turn right shifting weight to right

**45&46** Step left forward, step right together, step left forward

**47-48** Step right forward, pivot  $\frac{1}{2}$  turn left shifting weight to left foot

### **REPEAT**