

THUMP THERAPY

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Count: 64

Wall: 4

Level: intermediate/advanced

Choreographer: Bill Bader

Music: Thump Factor by Smokin' Armadillos

FORWARD: STOMP-SCUFF, STOMP-SCUFF, STOMP-SCUFF, STOMP-SCUFF

- 1-2 Stomp down right foot slightly forward, scuff left heel
- 3-4 Stomp down left foot slightly forward, scuff right heel
- 5-6 Stomp down right foot slightly forward, scuff left heel
- 7-8 Stomp down left foot beside right, scuff right heel forward

MOVING RIGHT: STOMP-SCUFF, STOMP-SCUFF, STOMP-SCUFF, STOMP-SCUFF

- 9 Stomp down right foot out to right side
- 10 Scuff left heel in place (somewhat "out" to left side)
- 11 Stomp down left foot beside right
- 12 Scuff right heel beside left
- 13-16 Repeat 9-12 (stomp, scuff, stomp, scuff)

STOMP, CLAP, CLAP, SWIVEL, SWIVEL, STOMP, KICK, BALL, CROSS, STOMP, STOMP, BALL, CROSS, SCOOT, STEP, TOUCH

- 17 Stomp down right foot slightly forward
- 18-19 Clap, clap
- 20-21 Swivel heels angled to right, swivel heels to center
- 22 Stomp right foot in place/forward
- 23 Kick right toe forward
- 24 Ball: step toe/ball of right back
- 25 Cross: step left foot across front of right
- 26-27 Stomp up right heel beside left heel twice
- 28 Ball: step toe/ball of right back
- 29 Cross: step left foot across front of right
- 30 Scoot sideways to right with right knee raised

31 Step down right foot beside left

32 Touch left toe/ball beside right

LEFT SIDESTEP, TURN-TOUCH, RIGHT SIDESTEP, TOUCH, REPEAT

33 Sidestep left

34 Swivel left heel left turning $\frac{1}{4}$ right and touch right toe beside left

35 Sidestep right

36 Touch left toe beside right instep

37-40 Repeat 33-36

CHUG-TURN, CHUG-TURN, SHIMMY-SHIMMY, STOMP, CLAP

41 Chug-step left slightly forward turned slightly right

42 Shift weight onto right turning almost $\frac{1}{8}$ right (right heel swivels in)

43 Chug-step left slightly forward turned slightly right

44 Shift weight onto right turning almost $\frac{1}{8}$ right (right heel swivels in)

45 Place left toe/ball slightly forward fixing it parallel to right and shimmy shoulders moving upper body gradually left, arms out to sides

46 Continue shimmying moving upper body over left foot

47-48 Stomp right foot beside left, clap

HEEL, GRIND $\frac{1}{8}$ TURN, STOMP, CLAP - 4X CURVING TO RIGHT IN A $\frac{1}{2}$ CIRCLE

In this section, you will complete a to the right half turn.

49 Strike right heel down forward near left toe with right toe raised

50 Keeping heel down rotate right toe $\frac{1}{8}$ right and snap it to the floor

51 Stomp left foot down beside right and parallel to right

52 Clap

53-64 Repeat 49-52 three more times

REPEAT