

# STOMP 3 TIMES

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Count: 120

Wall: —

Level: —

Choreographer: ShaBeDa

Music: Stomp 3 Times by Magill

## CROSS, SIDE, SAILOR STEP, CROSS, SIDE, SAILOR STEP

- 1-2 Cross step left over right, step right to right side
- 3&4 Cross step left behind right, step right to right side, step left to left side
- 5-6 Cross step right over left, step left to left side
- 7&8 Cross step right behind left, step left to left side, step right to right side

## CROSS, TOUCH & CROSS SHUFFLE, STEP $\frac{1}{4}$ , STEP $\frac{1}{2}$ PIVOT, STEP $\frac{1}{4}$ RIGHT

- 1-2& Cross step left over right, touch right beside left, step right foot beside left
- 3&4 Cross step left over right, step right to right side, cross step left over right
- 5-6 Make a  $\frac{1}{4}$  turn right stepping right foot forward, step left foot forward
- 7-8 Pivot  $\frac{1}{2}$  turn right, make  $\frac{1}{4}$  turn right stepping left to left side

## CROSS, TOUCH & CROSS SHUFFLE, ROCK RECOVER, BEHIND SIDE CROSS

- 1-2& Cross step right over left, touch left beside right, step left foot to left side
- 3&4 Cross step right over left, step left to left side, cross step right over left
- 5-6 Rock left out to left side, recover weight onto right
- 7&8 Cross step left behind right, step right to right side, cross step left over right

## ROCK, RECOVER, BEHIND, SIDE CROSS, STEP, PIVOT $\frac{1}{2}$ TURN RIGHT SHUFFLE FORWARD LEFT

- 1-2 Rock right to right side, recover weight on to left
- 3&4 Cross step right behind left, step left to left side, cross step right over left
- 5-6 Step forward on left, pivot  $\frac{1}{2}$  turn right
- 7&8 Shuffle forward left stepping left, right, left

## SIDE, TOUCH, SIDE, TOUCH, SWAYS X4, ("I CAN FEEL YOUR BODY SWAYING")

- 1-2 Step right to right side, touch left beside right
- 3-4 Step left to left side, touch right beside left

**5-6-7-8** Step right to right side & sway your hips right, left, right, left

**CROSS ROCK, RECOVER, SIDE SHUFFLE RIGHT CROSS ROCK, RECOVER, SIDE SHUFFLE LEFT**

- 1-2** Cross rock right over left, recover weight on left
- 3&4** Step right to right side, step left beside right, step right to right side
- 5-6** Cross rock left over right, recover weight on right
- 7&8** Step left to left side, step right beside left, step left to left side

**ROCK, RECOVER, SHUFFLE ½ TURN RIGHT, ROCK RECOVER, LEFT COASTER STEP**

- 1-2** Rock forward on right, recover weight on to left
- 3&4** Shuffle ½ turn over right shoulder, stepping right, left, right
- 5-6** Rock forward on left, recover weight on right
- 7&8** Step left foot back, step right beside left, step left foot forward

**WALK FORWARD, STOMPING YOUR FEET - RIGHT LEFT RIGHT CLAP X3, HEEL BOUNCES X3 (STOMP 3 TIMES!)**

- 1-2-3** Walk forward stomping your feet- right, left, right
- 4&5** Clap hands 3 times
- &6&** Raise both heels, drop both heels to the floor, raise both heels
- 7&8** Drop both heel to the floor, raise both heels, drop both heels to the floor

**POINT & POINT & HEEL & HEEL & STEP, ½ PIVOT LEFT WALK RIGHT, LEFT**

- 1&2&** Touch right toe to right side, step right beside left, touch left toe to left side, step left beside right
- 3&4&** Touch right heel forward, step right beside left, touch left heel forward, step left beside right
- 5-6** Step forward right, pivot ½ turn left
- 7-8** Walk forward right, left (or full turn right, stepping- right, left)

**GRAPEVINE (OR ROLLING VINE) RIGHT CLAP, CLAP, BUMP, BUMP, BUMP, ("CLAP TWICE TO THE RIGHT!")**

- 1-2-3** Step right to right, cross step left behind right, step right to right side

**You can do a rolling vine right, if you prefer to turn**

4-5 Clap hands twice over your right shoulder

6-7-8 Bump hips, left, right, left

### **ROCK RECOVER, COASTER STEP, STEP LEFT ½ TURN, WALK LEFT, RIGHT**

1-2 Rock forward right, recover weight on left

3&4 Step back on right, step left beside right, step forward right

5-6 Step forward left, ½ pivot right

7-8 Walk forward left, right (or full turn, right, stepping, left right)

### **WALK FORWARD, STOMPING YOUR FEET - LEFT, RIGHT, LEFT CLAP X3, HEEL BOUNCES X3 (STOMP 3 TIMES!)**

1-2-3 Walk forward stomping your feet- left, right, left

4&5 Clap hands 3 times

&6& Raise both heels, drop both heels to the floor, raise both heels

7&8 Drop both heel to the floor, raise both heels, drop both heels to the floor

### **POINT & POINT & HEEL & HEEL & STEP, ½ PIVOT RIGHT WALK LEFT RIGHT**

1&2& Touch left toe to left side, step left beside right, touch right toe to right side, step right beside left

3&4& Touch left heel forward, step left beside right, touch right heel forward, step right beside left

5-6 Step forward left, pivot ½ turn right

7-8 Walk forward left, right (or full turn left, stepping- left, right)

### **GRAPEVINE (OR ROLLING VINE) LEFT CLAP, CLAP, BUMP, BUMP, BUMP, ("CLAP TWICE TO THE LEFT")**

1-2-3 Step left to left, cross step right behind left, step left to left side

**You can do a rolling vine left, if you prefer to turn**

4-5 Clap hands twice over your left shoulder)

6-7-8 Bump hips, right, left, right

### **ROCK, RECOVER, COASTER STEP, STEP RIGHT ½ PIVOT, SHUFFLE FORWARD**

1-2 Rock forward left, recover weight on right

3&4 Step back left, step right beside left, step forward right

**5-6** Step forward right, ½ pivot left

**7&8** Step right foot forward, step left beside left, step right foot forward

**REPEAT**

**ENDING**

**You will do the dance 3 times, at the end of the 3rd repetition, do the following**

**7&8** Stomp forward right, left, right

**Optional hands: right hand to right side, with palm out, then left, then both above your head on the last stomp!**