

ONE FAT LADY

LINEDANCE.COM

Count: 24

Wall: 4

Level: beginner/intermediate

Choreographer: Harold Grimshaw

Music: Foot Stomp Stompin' by The Tractors

HEEL SWITCHES, HOLD, SWIVETS, KNEES BEND

- 1& Dig right heel forward, step right next to left
- 2& Dig left heel forward, step left next to right
- 3-4 Dig right heel forward, hold (clap twice) with weight on right heel & left toes
- 5 Swing right toes to right (left heel to left)
- 6 Swing right toes to center (left heel to center)
- 7 Swing right toes to right (left heel to left)
- 8 Swinging feet to center, bend knees

¼ TURN STOMPS, STEP/PIVOT ½ RIGHT, FORWARD STOMPS, HOLD

- 9 Stomp right forward ¼ to right
- 10-11 Stomps forward (left, right)
- 12-13 Step forward on left, pivot ½ right
- 14-15 Stomps forward (left, right)
- 16 Hold (clap twice)

FORWARD STOMPS, STEP/PIVOT ½ LEFT, FORWARD STOMPS, HOLD

- 17-19 Stomps forward (left, right, left)
- 20-21 Step forward on right, pivot ½ left
- 22-23 Stomps forward (right, left)
- 24 Hold (clap twice)

REPEAT

TAG

Six count pause at the end of the dance facing back wall third time around (on repetition of the word "dance")

Option: six stomps (right, left, right, left, right, left)

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=33360