

# Stomp Your Feet

**Count:** 80    **Wall:** 0    **Level:** Phrased Advanced

**Choreographer:** Shane McKeever - Nov 2016

**Music:** "Sing" - Pentatonix. Approx 2.57 mins

---

**Count In:** 16 counts from start of track, dance begins on vocals. Approx 155 bpm

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

## **A[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 (1), stomp R to right side (body angled to 1.30) (2), 1.30  
3 & 4        Clap hands (3), step L next to R (&), step R to right side (4), 1.30  
5 6            Transfer weight L popping R knee in as you twist upper body left (5), transfer weight R  
              popping L knee in as you twist upper body right (6) 12.00  
7 8            Make full turn left on ball of L as you drag R foot behind (no weight) (7-8) 12.00

## **A[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) (1), rock back on ball of L (&), recover weight R (2) 12.00  
3 & 4        Step L to left side (big step) (3), rock back on ball of R (&), recover weight L (4) 12.00  
5 6        Take big step R to right diagonal (5), take big step L to left diagonal (6) 12.00  
7 8 &       Step forward R (7), kick L forward (8), step L to left side (&), 12.00

## **A[17-24]R SIDE, 2X HOLD, CLAP, R SLAP, L SLAP, CLAP, 2X HOLD, STOMP DIAGONALLY FORWARD L-R-L**

- 1 2 3        Step R to right side (1), Hold (2, 3), 12.00  
& 4 & 5       Clap hands (&), slap R hand to right thigh (4), slap L hand to left thigh (&), clap hands  
              (5) 12.00  
6 7 & 8       Hold (6, 7) stomp L slightly forward to left diagonal (&), stomp R slightly forward to  
              right diagonal (8), stomp L slightly forward to L diagonal (&) Styling: Knees are soft  
              throughout counts 2 - 8 12.00

## **A[25-32]R BACK, L HITCH, L BACK, R HITCH, ROCKS IN PLACE FWD-BACK-FWD, ½ TURN L**

- 1 2 3 4       Step back R (1), hitch L knee (2), step back L (3), hitch R knee (4) 12.00  
5 6        Step forward R pushing all weight forward to R (5), recover weight to L (6), 12.00  
7 8        Push weight forward again to R (7), make ½ turn left transferring weight L (8) 6.00

## **B [1-8]R HEEL STRUT (ARMS), L HEEL STRUT (ARMS), R JAZZ BOX (ARMS)**

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

**Arms: Bring both hands in towards belly button (1), spread both hands out to sides (elbows bent) (2) 12.00**

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

**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)12.00**

5 6 7 8 Cross R over L (5), step back L (6), step R to right side (7), cross L over R (8)

**Arms: take both arms up and then down to sides (5,6,7,8)12.00**

### **B [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) (1), transfer weight L leaning to left (L knee slightly bent) (2)

**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) 12.00**

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

**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)12.00**

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 (5,6)12.00

7 8 Arms relax naturally coming to sides. Step L to left side (7), drag R towards L (weight remains L)(8)12.00

### **C [1-8]4 X SAMBA STEPS (CROSS, BALL, ROCK) R-L-R-L**

1 & 2 Cross R over L (1), rock ball of L to left side (&), recover weight R (2)12.00

3 & 4 Cross L over R (3), rock ball of R to right side (&), recover weight L (4)12.00

5 & 6 Cross R over L (5), rock ball of L to left side (&), recover weight R (6)12.00

7 & 8 Cross L over R (7), rock ball of R to right side (&), recover weight L (8)12.00

### **C [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 2 3 Touch R across L (1), touch R to right side (2), touch R across L (3)12.00

4 5 Take big step R to right side (4), make 1/8 turn right as you touch L next to R (5)

**Arms: R arms swings down & all the way up in the air (arm is straight and palm is facing the up) (4,5)1.30**

6 7 8 Hold (6), bounce knees twice (just bend and straighten them (7, 8) Arms: R arm remains straight but wrist drops twice 'as if tapping a really tall person on the shoulder ;-)'1.30

### **C[17-24]1/8 R STEPPING L SIDE, R HITCH, ¼ TURN R SIDE, L HITCH, L**

1 2 Make 1/8 turn right as you step L to left side (1), hitch R knee (2)3.00

3 4 Make ¼ turn right stepping R to right to right side (3), hitch L knee (4)6.00

5 6 Step L forward to left diagonal (5), step R to right side (feet shoulder width apart) (6)6.00

7 & 8 Kick L forward (7), step in place on L (&), touch R next to L (8)6.00

**C[25-32]R FWD ROCK, R BACK, ARM MOVEMENTS, L FWD**

- 1 2 3 Rock forward R (1), recover weight L (2), step back R as you put hands together (elbows up) in 'prayer' position (3)6.00
- 4 Arms: Slide R hand up L (R wrist is sat on top of fingers of L hand) (4)6.00
- 5 Arms: Drop palm of R hand down (it should be touching the back of L hand) (5)6.00
- & Arms: L hand drops down (fingers of R hand are on top of L wrist) (&)6.00
- 6 Arms: Drop palm of R hand down (it should be touching the back of L hand (6)6.00  
Step forward L (7), drag R towards L (weight remains L) (8) Arms: with both wrists still
- 7 8 at right angles straight both arms as you take them both out to sides (R to right side, L to left side)6.00

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

**Contact: Smckeeper07@hotmail.com**