



Approved by:

Kate Sala

Stomp & Kick

4 WALL - 40 COUNT - INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 & 2 & 3 & 4 5 & 6 7 & 8	Jazz Box with Toe Struts, Jump, Chasse, Sailor 1/4 Turn Cross right toe over left. Drop right heel taking weight. Step back on left toe. Drop left heel taking weight. Step right toe to right side. Drop right heel taking weight. Jump in place bring left in beside right. Step right to right side. Close left beside right. Step right to right side. Cross left behind right. Turn 1/4 left stepping right to side. Step left slightly forward.	Cross Strut Back Strut Side Strut Jump Side Close Side Sailor Turn	Left Back Right On the spot Right Turning left
Section 2 1 & 2 & 3 & 4 5 - 6 7 & 8	Stomp, Stomp, Kick, Out, Out, Ball Step, Forward Rock, Shuffle 1/2 Turn Stomp right down in place. Stomp left down in place. Kick right forward. Step on right out to right side. Step on left out to left side. Step down on ball of right into centre. Step left forward. Rock forward on right. Recover onto left. Shuffle step 1/2 turn right, stepping - right, left, right. (3:00)	Stomp Stomp Kick Out Out Ball Step Forward Rock Shuffle Half	On the spot Forward On the spot Turning right
Section 3 1 & 2 & 3 & 4 & 5 - 6 7 8 &	Side Strut, Back Rock, Kick, Back Rock, Charleston Step, Back Rock Step left toe to left side. Drop left heel taking weight. Cross rock right behind left. Recover onto left. Kick right forward. Step right in place. Rock left back. Recover onto right. Step left forward. Swing right from back to front touching right toe forward. Swing right round from front to back stepping back on right. Rock back on left. Recover onto right. (3:00)	Side Strut Back Rock Kick & Back Rock Step Swing Back Back Rock	Left On the spot Forward Back On the spot
Section 4 1 - 2 3 & 4 5 - 6 7 & 8	Walk Forward x 2, Forward Mambo, Full Turn, touch, Hip Bump Walk forward left. Walk forward right. Rock forward on left. Rock back on right. Step left back. Turn 1/2 right stepping right forward. Turn 1/2 right stepping left back. Touch right toe beside left instep. Bump right hip to right. Recover onto left	Left Right Mambo Forward Full Turn Touch Hip Bump	Forward On the spot Turning right On the spot
Section 5 1 & 2 3 & 4 5 - 6 7 - 8	Rock & Cross x 2, Step, Pivot 1/2, Kick, Pivot 1/2 Kick Rock right to right side. Recover onto left. Cross right over left slightly forward. Rock left to left side. Recover onto right. Cross left over right slightly forward. Step right forward. Pivot 1/2 turn left. Kick right forward. Pivot 1/2 turn left on ball of left kicking right forward. (3:00)	Rock & Cross Rock & Cross Step Pivot Kick Pivot	Forward Turning left
Tag 1 - 2 3 & 4 5 - 6 7 & 8	After: Wall 2 (facing 6:00), Wall 4 (facing 12:00) and Wall 6 (facing 6:00) Cross Rock, Chasse 1/4 Turn, Step, Pivot 3/4, Chasse Cross rock right over left. Recover onto left. Step right to side. Close left beside right. Turn 1/4 right stepping right forward. Step left forward. Pivot 3/4 turn right. Step left to left side. Close right beside left. Step left to left side.	Cross Rock Chasse Turn Step Pivot Chasse	On the spot Turning right Left
Ending	Dance ends at Section 2 count 8 (shuffle 1/2 turn, facing 9:00) Make 1/4 turn right stepping left to left side for last beat to face front wall.		

Choreographed by: Kate Sala (UK) December 2009

Choreographed to: 'Don't Lose Any Sleep Over You' by Amy Diamond (95 bpm) from CD Still Me Still Now; also available as download from amazon.co.uk or iTunes (16 count intro)

Tag: An 8-count Tag is danced at the end of Walls 2, 4 and 6



A video clip of this dance is available at www.linedancermagazine.com