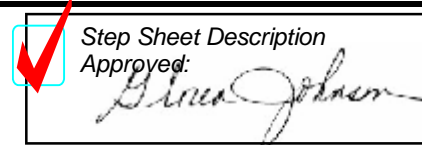


# The "My Town" Stomp

Insert the name of your town between the quotation marks!!

Example: The Sanford Stomp, The Orlando Stomp, The Knoxville Stomp, etc.



<b>TYPE OF DANCE:</b>	1 Wall Line Dance	<b>DIFFICULTY:</b>	Intermediate
<b>COUNT:</b>	48	<b>STEPS:</b>	56
<b>CHOREOGRAPHER:</b>	Gloria Johnson (September 24, 2002) Tel: (386)532-5009 Country Time Dance Lines 2425 Center Road, Deltona, FL 32738 Email: <a href="mailto:gloriaj@country-time.com">gloriaj@country-time.com</a> Homepage: <a href="http://www.gloriajohnson.us">http://www.gloriajohnson.us</a>		
<b>PREPARED BY:</b>	Dusty Miller Email: <a href="mailto:djdusty@country-time.com">djdusty@country-time.com</a>		
<b>MUSIC:</b>	" My Town" by Montgomery-Gentry (92 bpm)		
<b>NOTES:</b>	(1) Counts 25-48 are the exact reverse or mirror image of counts 1-24. (2) Special thanks to 99 Frog WGNE-FM – Daytona Beach, Florida for the idea of the name.		

## STEP DESCRIPTION

### CROSSOVER CHASSE TO LEFT

- 1&2 Cross-step RIGHT over Left; Step LEFT to left side; Cross-step RIGHT over Left;  
&3,4 Step LEFT to left side; Cross-step RIGHT over Left; Stomp LEFT foot up;  
5&6 Cross-step LEFT over Right; Step RIGHT to right side; Cross-step LEFT over Right;  
&7,8 Step RIGHT to right side; Cross-step LEFT over Right; Stomp RIGHT foot up.

### SAILOR SHUFFLES, KICK-BALL-CHANGES W. HEEL BOUNCES

- 9&10 Cross-step RIGHT behind Left; Step LEFT slightly left; Step on RIGHT;  
11&12 Cross-step LEFT behind Right; Step RIGHT slightly right; Step on LEFT;  
13&14 Kick RIGHT forward; Step on RIGHT; Step on LEFT slightly apart from Right;  
15,16 Bounce heels twice.

### MODIFIED MONTEREY, SHUFFLE, PIVOT TURN

- 17,18 Point RIGHT to right side; Pivot 1/2 right on ball of LEFT shifting weight to RIGHT;  
19,20 Point LEFT to left side; Pivot 1/4 left on ball of RIGHT shifting weight to LEFT;  
21&22 Step RIGHT forward; Step LEFT together; Step RIGHT forward;  
23,24 Step LEFT forward; Pivot 1/2 turn right shifting weight to RIGHT.

### CROSSOVER CHASSE TO RIGHT

- 25&26 Cross-step LEFT over Right; Step RIGHT to right side; Cross-step LEFT over Right;  
&27,28 Step RIGHT to right side; Cross-step RIGHT over Left; Stomp RIGHT foot up;

- 29&30 Cross-step RIGHT over Left; Step LEFT to left side; Cross-step RIGHT over Left;  
&31,32 Step LEFT to left side; Cross-step RIGHT over Left; Stomp LEFT foot up.

### SAILOR SHUFFLES, KICK-BALL-CHANGES W. HEEL BOUNCES

- 33&34 Cross-step LEFT behind Right; Step RIGHT slightly right; Step on LEFT;  
35&36 Cross-step RIGHT behind Left; Step LEFT slightly left; Step on RIGHT;  
37&38 Kick LEFT forward; Step on LEFT; Step RIGHT slightly apart from LEFT;  
39,40 Bounce heels twice.

### MODIFIED MONTEREY, SHUFFLE, PIVOT TURN

- 41,42 Point LEFT toe to left side; Pivot 1/2 turn left on ball of RIGHT shifting weight to LEFT;  
43,44 Point RIGHT toe to right side; Pivot 1/4 turn right shifting weight to RIGHT;  
45&46 Step LEFT forward; Step RIGHT together; Step LEFT forward;  
47,48 Step RIGHT forward; Pivot 1/2 turn left shifting weight to LEFT foot.

### BEGIN DANCE AGAIN