



One Fat Lady

24 count, 4 wall, Beginner level

Choreographer : Harold Grimshaw (UK)

Choreographed to : Foot-Stomp Stompin' by The Tractors

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1-8 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 centre (left heel to centre)
- 7 Swing right toes to right (left heel to left)
- 8 Swinging feet to centre, bend knees

9-16 1/4 TURN STOMPS, STEP/PIVOT 1/2 RIGHT, FORWARD STOMPS, HOLD

- 9 Stomp right forward 1/4 to right,
- 10-11 Stomps forward (left, right)
- 12-13 Step forward on left, pivot 1/2 right
- 14-15 Stomps forward (left, right),
- 16 Hold (clap twice)

17-24 FORWARD STOMPS, STEP/PIVOT 1/2 LEFT, FORWARD STOMPS, HOLD

- 17-19 Stomps forward (left, right, left)
- 20-21 Step forward on right, pivot 1/2 left
- 22-23 Stomps forward (right, left)
- 24 Hold (clap twice) ***

*** SIX COUNT PAUSE facing BACK WALL third time around (on repetition of the word "dance")

OPTION: SIX STOMPS (R,L,R,L,R,L)

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