

Teton Mountain Stomp w/ Mixer Variation



Level: Beginner Partner Circle Dance w/ Mixer variation
Counts: 32
Choreographer: Unknown
Music: Oh What a Crying Shame by The Mavericks (115 BPM, 32 Intro)
Taught by: Skippi Mitchell – 8/19/14
Position: Closed, opposite footwork; Man faces LOD, Lady RLOD

MAN'S STEPS

1-8 SIDE STEPS, HEEL TAPS

1-4 Step L side, R together, L side, R heel tap to side
5-8 Step R side, L together, R side, L heel tap to side

9-16 STEP, HEEL TAP; REPEAT; 2 SHUFFLES

1-4 Step L in place, R heel tap; step R in place, L heel tap
5&6 L Shuffle fwd: *Man steps next to Lady to align R shoulders*
7&8 R Shuffle fwd

17-24 SHUFFLES w/ TURNS & MIXER VARIATION

1&2 L Shuffle w/ ½ turn CW to face RLOD
Keep hands joined but turn independently & align L shoulders
3&4 R Shuffle backwards
5&6 L Shuffle w/ ½ turn CCW to face LOD
Keep hands joined but turn independently & align R shoulders
5&6 Mixer Variation: *Drop partner's hands & L Shuffle w/ ½ turn CCW to LOD*
7&8 R Shuffle fwd. *If doing mixer variation, join new partner.*

25-32 FULL PINWHEEL TURN; MAN STEPS IN PLACE AS LADY MAKES FULL TURN CW

1&2 L Shuffle w/ ½ turn CW: *couple starts pinwheel turn, R shoulders aligned*
3&4 R Shuffle w/ ½ turn CW: *couple finishes full pinwheel turn, R shoulders aligned*
5-8 Man steps in place, L-R-L-R, as Lady makes full 4 step turn CW under her R & his L arm

LADY'S STEPS

1-8 SIDE STEPS, HEEL TAPS

1-4 Step R side, L together, R side, L heel tap to side
5-8 Step L side, R together, L side, R heel tap to side

9-16 STEP, HEEL TAP; REPEAT; 2 SHUFFLES

1-4 Step R in place, L heel tap; step L in place, R heel tap
5&6 R Shuffle backward: *Lady steps next to Man to align R shoulders*
7&8 L Shuffle backward

17-24 SHUFFLES w/ TURNS & MIXER VARIATION

1&2 R Shuffle w/ ½ turn CW to face LOD
Keep hands joined but turn independently & align L shoulders
3&4 L Shuffle fwd
5&6 R Shuffle w/ ½ turn CCW to face RLOD
Keep hands joined but turn independently & align R shoulders
5&6 Mixer Variation: *Drop partner's hands & R Shuffle w/ ½ turn CCW to RLOD*
7&8 L Shuffle in RLOD. *If doing mixer variation, join new partner.*

25-32 FULL PINWHEEL TURN; LADY MAKES FULL TURN CW AS MAN STEPS IN PLACE

1&2 R Shuffle w/ ½ turn CW: *couple starts pinwheel turn, R shoulders aligned*
3&4 L Shuffle w/ ½ turn CW: *couple finishes full pinwheel turn, R shoulders aligned*
5-8 Lady makes full 4 step turn CW, R-L-R-L, under her R & his L arm as Man steps in place 4x