

ROUND DANCE INSTRUCTIONS
MAY 1978

SUGARFOOT STOMP

By: Inv & Betty Easterday, Rt. #2, Boonsboro, MD 21713

WORD: GRENN 14260
POSITION: INTRO: LOP FAC, M FAC WALL; DANCE: SCP FAC
LOD;

FOOTWORK: OPPOSITE EXCEPT MEAS 9-12 PART B, MEAS 1-4
PART C, MEAS 10-11 PART D;

SEQUENCE: INTRO A B C D B C D ENDING

MEAS. INTRO
1-4 WAIT; WAIT; BK, ., .; BK, 2, 3, 4 (TO SCP);
1-2 In LOP fac M fac WALL wait 2 meas;;
3-4 Lowering lead hnds to waist level bk small steps twd COH with
swiveling action L, ., R, .; L, R, L, R blend to SCP ptrs fac LOD;

PART A

1-6 (SCP) FWD, 2/3, FWD, 2/3; SWIVEL WALK, 2, 3, 4; FWD, 2/3, FWD, 2/3;
FWD, FAC, (OP VINE) SI, BK; SI, FRT (W RF TWL), WALK, 2 (SCP);
FWD, 2/3, FWD, 2/3 (BFLY);
1-3 In SCP fwd L, cl R/fwd L, fwd R, cl L/fwd R; swivel LOD L, R,
L, R; REPEAT MEAS 1;
4-6 Fwd L, fwd R trn 1/4 RF to fac ptr, begin OP VINE si L, XRIF
(W XIB) to LOP, si L, XRIF (W 1 RF twl R, L), walk L, R to
SCP; REPEAT MEAS 1 to BFLY M FAC WALL;
7-12 (BFLY) SI, CL, SI, KNEE; PT R LOD, ., KNEE, .; SI, CL, SI, KNEE; PT
LOD, ., KNEE, .; WALK, 2, 3, 4 (W DBL RF TWL) (SCP); FWD, 2/3,
FWD, 2/3;
7-10 BFLY si L, cl R, si L, bend R leg pt knee LOD; trn sharply RF
pt R R LOD, ., trn sharply LF pt R knee LOD, .; Begin R ft
REPEAT MEAS 7 & 8 twd R LOD;;
11-12 Walk fwd LOD L, R, L, R (W 2 RF twls LOD under jnd lead
hnds) to SCP; REPEAT MEAS 1 blend to BFLY M FAC WALL;

PART B

1-4 (VINE 8) SI, XIB, SI, XIF; SI, XIB, SI, XIF (OP); AWAY, KICK, TOG,
TCH; AWAY, KICK, TOG, TCH;
1-2 BFLY vine LOD si L, XRIF (W XIB), si L, XRIF (W XIF);
REPEAT TO OP FAC LOD;
3-4 Prog LOD slight bk-to-bk away L, kick R, tog R to momentary
BFLY, TCH L; REPEAT, .;
CHG SI, 2/3, FAC, 2/3; RK APT, REC, CHG SI, 2/3; FAC, 2/3, RK
APT, REC, TRN LF 1/4, 2/3, PLACE, 2/3 (W TRANS) (VARSO);
5-7 Release trailing hnds maintain M's L & W's R lead W to XIF of
M trn LF 1/4 L, R/L (W fwd twd COH), trn 1/4 LF R, L/R (W twl
RF under jnd hnds) to end LOP M fac COH; Rock apt L twd
WALL, rec fwd R, lead W to XIF of M trn 1/4 RF L, R/L (W twl
LF under jnd hnds), trn 1/4 RF R, L/R (W cont LF trn) to end
LOP FAC M fac WALL, Rock apt L twd COH, rec fwd R;
8 Lead W to trn RF release handhold trn 1/4 LF L, R/L in place
R, L/R (W trn 1/4 RF R, L/R step L, R for TRANS) to
VARSOVIANNA SAME FOOTWORK;
9-12 (SAME FOOTWORK) FWD, STAMP, FWD, STAMP; FWD, SWING, BK,
CL; FWD, STAMP, FWD, STAMP; FWD, SWING, BK, CL;
9-10 In VARSO ptrs fac LOD same footwork fwd L, stamp R no
weight, fwd R, stamp L no weight; fwd L, swing R fwd, bk R,
cl L;
11-12 Begin R foot REPEAT MEAS 9-10;;

PART C

1-4 (VARSO) SI, CL, SI TRN L, .; SI, CL, SI TRN R, .; SI, CL, SI TRN L, .;
SI, CL, SI TRN R, .;
1-4 In VARSO trn 1/4 RF to SHADOW POS M BEHIND W release
L hnds maintain R thru next 4 meas si L, cl R, si L raising R
hnds over W's head trng 1/4 LF to fac COH W now behind M, .;
si R, cl L, si R raising R hnds over W's head trng 1/4 RF to fac
WALL M behind W, .; REPEAT MEAS 1 & 2;;
5-8 FWD, 2, 3, 4 (W RF SPIN TRANS); RK APT, REC, (CW WHEEL) XIF,
2/3; XIF, 2/3, XIF, 2/3; XIF, 2/3, XIF, 2/3;
5 In HALF VARSO FAC WALL release handhold walk fwd LOD
L, R, L, R (W 3/4 RF FREE ROLL LOD, L, R, L, TCH R) to end
M fac LOD W fac R LOD with R hnds held waist hi;

6-8 Rock apt L, rec R, begin 1 full CW turn in 5 TRIPLE STEPS
XLIF of R (W XIF), cl R/L swing jnd R hnds to R & tch L
hnd to W's bk; XRIF of L (W XIF), cl L/R swing jnd R hnds
to L (W tch L hnd to M's bk), XLIF of R (W XIF), cl R/L swing
jnd R hnds to R tch L hnd to W's bk; REPEAT MEAS 7 to end
M fac WALL;
9-12 PLACE, 2/3 (W RF SPIN), RK APT, REC; TRN 1/4 LF, 2/3, TRN 1/4 LF,
2/3 (W FWD XIB M); RK APT, REC, PLACE, 2/3; TRN 1/4 RF, 2/3,
(SCP) RK BK, REC;
9-10 Release R hnds step in place R, L/R (W 1 1/8 RF FREE SPIN)
to LOP M fac WALL, rock apt L, rec fwd R; chg hnds behind
M's bk trn 1/4 LF L, R/L place W's R hnd in M's R hnd behind
M's bk as he turns, trn 1/4 LF R, L/R chg to W's R & M's L hnds
(W travel fwd twd COH XIB of M trn 1/2 RF) to LOP M FAC
COH;
11-12 Rock apt L, rec fwd R, place L, R/L (lead W fwd twd M); trn
1/4 RF R, L/R (lead W to SCP) ptrs fac LOD, rock bk L, rec fwd R

PART D

1-4 (SCP) SI, XIF, SI, TOE; HEEL, XIF, SI, XIF; (SCP) FWD, CL/FWD, CL,
FWD; CL, FWD, KICK, KICK;
1-2 In SCP blend to loose CP si L, XRIF (W XIF), si L, tch R toe
to L instep, tch R heel to L instep, XRIF (W XIF), si L, XRIF
(W XIF) blend to SCP fac LOD;
3-4 Fwd L, cl R/fwd L, with rocking motion lean bk cl R to L, fwd
L; lean bk cl R to L, fwd L, kick R ft fwd, kick R ft fwd;
5-8 BK, CL/BK, RK BK, REC; PLACE, 2/3, PLACE, 2/3 (W RF TWL) (LOP
FAC LOD); RK APT, REC, TRN R, 2/3 (W LF TWL) (LOP FAC
WALL); PLACE, 2/3, RK APT, REC;
5 In SCP bk R, cl L to R/bk R, rock bk L, rec R;
6-8 In place L, R/L, R, L/R (lead W fwd R, L/R to momentary CP
M fac LOD, trn W RF under jnd lead hnds L, R/L) to end LOP
M fac LOD W fac R LOD, rock apt L, rec R, trn 1/4 RF to FAC
WALL L, R/L (lead W to trn LF under jnd lead hnds); in
place R, L/R (lead W to comp LF trn) to end LOP M fac
WALL, rk apt L, rec R;
9-12 RK FWD, REC, RK BK, REC (W TRANS) (TO MOD SKTRS); (COCA
ROLA) XIF, BK, SI, XIF; XIF, BK, SI, XIF; TRN LF, 2 (W TRANS),
CLAP, CLAP;
9 In LOP rock fwd twd WALL L, rec R (lead W trn 1/4 LF fwd
R, L/R) to end same footwork MOD SKTRS FAC WALL L
hnds jnd M's R hnd on W's R shoulder, rock bk L, rec fwd R;
10-11 In MOD SKTRS FAC WALL XLIF of R, step bk R, step si L,
XRIF of L; REPEAT;
12 Step twd LOD L comm 1 LF solo trn, cont LF trn R (W trn
1/4 LF on L, tch R to L) to end M fac WALL & PTR
OPPOSITE FOOTWORK NO HND JND, CLAP, CLAP
blend to BFLY to REPEAT B; (NOTE: Next time thru Part
D ENDING follows.)

ENDING

1-3 ROLL LF (W RF), 2, 3, TCH; ROLL RF (W LF), 2, 3, TCH; (CP)
HOLD, HOLD, CORTE, HOLD;
1-3 Release BFLY free roll LOD LF (W RF) L, R, L, tch R to L
to fac WALL momentary BFLY; release BFLY free roll
R LOD RF (W LF) R, L, R, tch L to CP M fac WALL; hold,
hold, slowly corte bk L twd COH lowering M's L & W's
R hnds to M's L hip, hold til music fades; (NOTE: Don't
hurry ending—use all the music.)

NOTE: Experimental Point Level (Fleck comm.) is 340
based on S/D level 61-125
advanced 300-349