

AB-THUMP FACTOR

Description: 32 cts, 4 wall, Absolute Beginner
Choreographed by: Agnethe Hansen - September 2018
Music: Thump Factor By: Smokin' Armadillos (iTunes)
Intro: 16 counts

SLOW CHASSE TO R, TOUCH L, BACK ROCK, STOMP, STOMP

- 1 - 2 Step right to right side, step left beside right take weight on left
- 3 - 4 Step right to right side, touch left beside right
- 5 - 6 Rock back on left foot recover on right foot
- 7 - 8 Stomp left beside right foot, stomp right foot beside left foot

SLOW CHASSE TO L, TOUCH R, BACK ROCK, STOMP, STOMP

- 1 - 2 Step left to left side, step right beside left take weight on right
- 3 - 4 Step left to left side, touch right beside left
- 5 - 6 Rock back on right foot, recover on left foot
- 7 - 8 Stomp right beside left foot, stomp left beside right foot

WALK BACK X 3, HITCH L, WALK FWD X 3, HITCH R

- 1 - 2 Walk back on right foot, walk back on left foot
- 3 - 4 Walk back on right foot, hitch left knee and clap
- 5 - 6 Walk fwd on left, walk fwd on right
- 7 - 8 Walk fwd on left, Hitch right knee and clap

VINE R, TOUCH L, VINE $\frac{1}{4}$ TURN L, TOUCH R

- 1 - 2 Step right foot to right side, Cross left foot behind right foot
- 3 - 4 Step right foot to right side, touch left toe beside right foot
- 5 - 6 Step left foot to left side, cross right foot behind left foot
- 7 - 8 Make a $\frac{1}{4}$ turn stepping fwd on left foot and touch right toe beside left