



A Lot More Action

32 count, 2 wall, beginner contra dance

Choreographer Carlene Silva

Choreographed To
A Little Less Talk And A Lot More Action by Toby Keith

STEP/STOMPS, RIGHT VINE/STOMP

1 Step forward on right
2 Stomp left beside right, clap (stomp up)
3 Step back on left
4 Stomp right beside left, clap (stomp up)
5,6,7 Vine right (step right foot to right side, left foot behind right, step right foot to right side)
8 Stomp left beside right, clap (stomp up)

LEFT VINE/STOMP, KICKS, STEP/TOUCH

1,2,3 Vine left (step left foot to left side, right foot behind left, step left foot to left side)
4 Stomp right beside left, clap (stomp up)
5,6 Kick right foot forward twice
7 Step back on right
8 Touch left toe straight back (men should tip hats, women can curtsy)

STEP/SLIDE, 1/4 TURN LEFT, HIP BUMPS

1 Step forward on left
2 Slide right up beside left
3 Step forward on left
& 1/4 turn left
4 Step right foot down approximately 12-16 inches from left, clap hands with person facing you
5,6 Bump hips right twice
7,8 Bump hips left twice

HIP ROLLS, WALK STEPS, 1/2 PIVOT LEFT, STOMP

1-4 Roll hips right, left, right, left (transfer weight to left on last roll)
5 Step 1/4 turn right on right foot
6 Step forward on left
7 Step forward on right
& 1/2 turn to left (keep weight on ball of right foot, raise left up while turning)
8 Stomp down on left slightly forward of right

REPEAT

Choreographers Notes :
Men in one line, women in one line, start facing

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