

Tainted Stomp

Count: 32

Wall: 4

Level: Beginner

Choreographer: Ben Murphy (DE) - August 2026

Music: Tainted Love - Gloria Jones



Intro: 16 counts

Section 1: K-Step

1 2 3 4 RF diagonal fwd (1) - LF tap next to RF (2) - LF diagonal bwd (3) - RF tap next to LF (2)
5 6 7 8 RF diagonal bwd (5) - LF tap next to RF (6) - LF diagonal fwd (7) - RF scuff (8)

Section 2: 2 x Stomp, Kick, Hook, Kick, Step, Kick, Step

1 2 3 4 RF stomp (1) - LF stomp (2) - RF kick (3) - RF hook over left shin (4)
5 6 7 8 RF kick (5) - RF small step fwd (6) - LF kick (7) - LF small step fwd (8)

Section 3: 2 x Stomp, Kick, Hook, Kick, Step, Kick, Step

1 2 3 4 RF stomp (1) - LF stomp (2) - RF kick (3) - RF hook over left shin (4)
5 6 7 8 RF kick (5) - RF small step fwd (6) - LF kick (7) - LF small step fwd (8)

Restart here in wall 4 (Just sing along and you will find the restart)

Section 4: 4 x Step Touch with 3/4 turn to left

1 2 RF step to right side with 1/4 turn to left facing 09:00 (1) - LF tap next to RF (2)
3 4 LF fwd with 1/4 turn to left facing 06:00 (3) - RF tap next to LF (4)
5 6 RF step to right side with 1/4 turn to left facing 03:00 (5) - LF tap next to RF (7)
7 8 LF step to left side (7) - RF tap next to LF (8)

Thank you for checking out my choreography! Feel free to add your own style and flavor!
