

Stop Me

拍数: 32 墙数: 4 级数: Improver
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音乐: Stop Me (If You've Heard It All Before) - Billy Ocean



Intro: 40 Counts

[1 – 8] Rock Recover, Crossing Shuffle, 1/4 Right, Side, Cross Touch.

- 1 – 2 Rock right to right side, recover on left.
- 3 & 4 Cross right over left, left to left side, cross right over left.
- 5 – 6 Make 1/4 turn right stepping back on left, right to right side. (3.00).
- 7 – 8 Cross left over right, touch right to right side. (Option – Can sweep instead of touch).

[9 – 16] Cross Side Behind 1/4 Left, Step 1/2 Pivot Left X 2 (Option, Rocking Chair).

- 1 – 2 Cross right over left, left to left side.
- 3 – 4 Cross right behind left, make 1/4 turn left on left. (12.00).
- 5 – 6 Step forward on right, 1/2 pivot turn left.
- 7 – 8 Step forward on right, 1/2 pivot turn left. (12.00).

(Option for counts 5 – 8, Rocking chair).

[17 – 24] Rock Forward Recover, Back on Right – Left, Flick Right, Clap.

- 1 – 2 Rock forward on right, recover on left.
- &3-4 Step back on right, step back on left, small kick forward with right, CLAP.
- 5 – 6 Rock back on right, recover on left.
- 7 & 8 Triple 1/2 turn left on right, left, right. (6.00).

[25 – 32] Rock Back Recover, 3/4 Turn Right, Cross Side, Cross Side Cross.

- 1 – 2 Rock back on left, recover on right.
- 3 – 4 Make 1/2 turn right stepping back on left, make 1/4 right stepping right to right side. (3.00).
- 5 – 6 Cross left over right, right to right side.
- 7 & 8 Cross left over right, right to right side, cross left over right.

TAG: One 8 count Tag at the end of 6th sequence
– 4 step paddles making 1/2 turn left to face 12 o'clock.

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