

# 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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