Stuck Like Glue (Phrased)

级数: Phrased High Improver

拍数: 0 编舞者: Jen Oropeza (USA) - March 2020 音乐: Stuck Like Glue - Sugarland

3 slow 8 counts Musical Intro (6 bar) if going with BMP 83.9... If counting double time 48 quick counts in

Sequence: AAA, part A, BBB, AAA, part A, BBB, AAAA, part of A, BBBBB, part of B

Directions:

A facing 12:00, A 3:00, A 6:00, start first 8 A 9:00 B 9:00, B 12:00, B 3:00 A 6:00, A 9:00, A 12:00, start first 8 of A 3:00 B 3:00, B 6:00, B 9:00 A 12:00, A 3:00, A 6:00, A 9:00, start 16 counts of A facing 12:00 B facing 3:00, B 6:00, B 9:00, B 12:00, B 3:00, finish with first 8 counts of section B facing 6:00

PART A

OPEN STEP R, BACK ROCK STEP L, OPEN STEP LEFT, BACK ROCK STEP R

- 1-2,3,4 Step open side to Right, pause 2, Left step behind, Right step in place
- 5-6,7,8 Step open side to Left, pause 6, Right step behind, Left step in place

CROSS HEEL GRIND 3Xs, BACK ROCK RECOVER

- Step Right foot over Left, R Heel Grind open while stepping out to Left side 9-10
- 11-12 Step Right foot over Left, R Heel Grind open while stepping out to Left side
- 13-14 Step Right foot over Left, R Heel Grind open while stepping out to Left side
- (1/4 turn clockwise) Right foot steps back, Left in place 15,16

STEP HITCH (WITH A HEEL) ALTERNATING R,L,R,L

- Step on Right Foot, as Left Knee comes up to a Hitch (do a Right Heel drop) 17,18
- 19,20 Step on Left Foot, as Right Knee comes up to a Hitch (do a Left Heel drop)
- 21,22 Step on Right Foot, as Left Knee comes up to a Hitch (do a Right Heel drop)
- 23.24 Step on Left Foot, as Right Knee comes up to a Hitch (do a Left Heel drop)

PART B

This is the start of the Chorus Section each time "There you go making my heart beat again..." SIDE POINT, TOUCH, SIDE POINT TOUCH, STEP, DRAG, TOUCH HOLD

- 1,2 Tap Right toe side, Touch Right toe next to Left
- 3.4 Tap Right toe side, Touch Right toe next to Left
- 5 Step Right foot open to Right side
- 6 Dragging Left over to Right
- 7 Touch Left toe next to Right
- 8 Hold

SIDE POINT, TOUCH, SIDE POINT TOUCH, STEP, DRAG, TOUCH HOLD

- Tap Left toe side, Touch Left toe next to Right 9,10
- 11,12 Tap Left toe side, Touch Left toe next to Right
- Step Left foot open to Left side 13
- 14 Dragging Right over to Left
- 15 Touch Right toe next to Left
- 16 Hold





墙数:4

KICK STEP ROCK RECOVER, KICK STEP ROCK RECOVER

- 17,18 Right Kick, Step Right in place
- 19-20 Left side step out, Right foot steps in place
- 21,22 Left Kick, Step Left in place
- 23-24 Right side step out, Left foot steps in place

HOPPING KICK STEP 4Xs

*This section rotates counterclockwise ¾ quarter turn (example starting at 12:00 land at 3:00, etc)

- 25-26 Hop on Left foot as Right Foot kicks forward, Step on Right
- 27-28 Hop on Right foot as Left Foot Kicks forward, Step on Left
- 29-30 Hop on Left foot as Right Foot kicks forward, Step on Right
- 31-32 Hop on Right foot as Left Foot Kicks forward, Step on Left

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