

Stop & Stare

拍数: 32 墙数: 4 级数: Beginner
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音乐: Made You Look - Meghan Trainor



Intro: 32 Counts, Start at approx 14 secs

SEC 1: Toe Strut Forward x2, Knee Pops x3, Flick

- 1-2 Touch right toe forward, drop heel to ground, (12:00)
- 3-4 Touch left toe forward, drop heel to ground, (12:00)
- 5-6 Bump right hip to right side as you pop left knee to centre, bump left hip to left side as you pop right knee to centre, (12:00)
- 7-8 Bump right hip to right side as you pop left knee to centre, bump left hip to left side as you flick right heel behind left (weight on left), (12:00)

****Styling – for counts 5-8, you can “look” in the direction that you bump****

SEC 2: Side Strut, Cross Strut, Side Rock, Cross, Step Side

- 1-2 Touch right toe to right side, drop heel to ground, (12:00)
- 3-4 Touch left toe across right, drop heel to ground, (12:00)
- 5-6 Rock right to right side, recover onto left, (12:00)
- 7-8 Cross right over left, step left to left side, (12:00)

****Styling – for counts 1-4 you can “walk with attitude” instead of strutting and on counts 2 & 4 you can snap fingers****

SEC 3: Cross, Hold, Step Back, Hold, Step Side, Together, Step Forward, Together

- 1-2 Cross right over left, hold, (12:00)
- 3-4 Step left back, hold, (12:00)
- 5-6 Step right to right side, close left beside right, (12:00)
- 7-8 Step right forward, close left beside right, (12:00)

SEC 4: Heel Twists x3 with Flick, Run ¾ L with Brush

- 1-2 Twist both heels to right side, twist both toes to right side, (12:00)
- 3-4 Twist both heels to right side, flick left behind right, (12:00)
- 5-6 Step left forward ¼ left, step right forward ¼ left, (12:00)
- 7-8 Step left forward ¼ left, brush right heel forward, (3:00)

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