

Stop

拍数: 160
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音乐: Stop - Spice Girls

墙数: 1

级数: Phased Easy Intermediate



Intro: 4 counts (approx 2 secs)

Sequence: ABCDE A* CDE A** B EEE

Note: A* (32 counts) Dance from Count 17-32, twice. A** (16 counts) Dance from Count 1 -16

PART A (32 counts)

[1 - 8] Hip Bumps

1 - 8 Weight on L, place R toes to R side and bump hips to L for 8 counts (1 - 8)

[9 - 16] Hip Bumps

1 - 8 Weight on L, touch R toes next to L and bump hips to L for 8 counts (1 - 8)

[17 - 24] Monterey Step, Monterey ½ L

1 - 4 Point R to R side (1), step R next to L (2), point L to L side (3), step L next to R (4)

5 - 8 Point R to R side (5), step R next to L (6), point L to L side (7), ½ turn L on R and step L next to R (8)

[25 - 32] Monterey Step, Monterey ½ L

1 - 4 Point R to R side (1), step R next to L (2), point L to L side (3), step L next to R (4)

5 - 8 Point R to R side (5), step R next to L (6), point L to L side (7), ½ turn L on R and step L next to R (8)

For the 2nd A*, dance from Count 17 - 32 TWICE

For the 3rd A**, dance from Count 1 - 16

PART B (32 counts)

[1 - 8] Walk Forward, Touch, Walk Back, Point

1 - 4 Step R forward (1), step L forward (2), step R forward (3), touch L next to R (4)

5 - 8 Step L back (5), step R back (6), step L back (7), point R to R side (8)

[9 - 16] Recover, Touch, Side, Touch, Step, ¼ R (2x), Together

1 - 4 Recover on R (1), touch L next to R (2), step L to L (3), touch R next to L (4)

5 - 8 Step R forward (5), ¼ turn R point L to L (6), ¼ turn R point L to L (7), step L next to R (8)

[17 - 24] Repeat Count 1 - 8

[25 - 32] Repeat Count 9 - 16

PART C (32 counts)

[1 - 8] Cross Point (2x), Step Lock Step (2x)

1 - 4 Cross R over L (1), point L to L side (2), cross L over R (3), point R to R side (4)

5 & 6 Step R forward (5), lock L behind R (&), step R forward (6)

7 & 8 Step L forward (7), lock R behind L (&), step L forward (8)

[9 - 16] Rocking Chair, ¼ L Paddle Turn (2x)

1 - 4 Rock R forward (1), recover on L (2), rock R back (3), recover on L (4)

5 - 8 Step R forward (5), ¼ turn L weight on L (6), step R forward (7), ¼ turn L weight on L (8)

[17 - 24] Repeat Count 1 - 8

[25 – 32] Repeat Count 9 - 16

PART D (32 counts)

[1 – 8] Step R, Recover, Touch, Hold

- 1 - 4 Step R to R side with L knee popped to L moving the outstretch pointed right arm from left to right (1 – 4)
5 - 8 Recover on L (5), recover on R and touch L next to R (6), hold (7), hold (8)

[9 – 16] L side, Recover, Touch, Hold

- 1 - 4 Step L to L side with R knee popped to R moving the outstretch pointed left arm from right to left (1 – 4)
5 – 8 Recover on R (5), recover on L and touch R next to L (6), hold (7), hold (8)

[17 – 24] Point, Together, Side, Touch Behind 2x

- 1 - 4 Point R forward (1), step R next to L (2), point L forward (3), step L next to R (4)
5 - 8 Step R to R side (5), touch L behind R (6), step L to L (7), touch L behind R (8)

[25 - 32] Step R, Right Arm Makes Lasso Above Head, ¼ L Paddle Full Turn, Together

- 1 - 4 Step R to R side, right arm circles around head twice like a lasso (1 – 4)
5 - 8 ¼ turn L pointing to R (5), ¼ turn L pointing to R (6), ¼ turn L pointing to R (7), ¼ turn L step R next to L (8)

PART E (32 counts)

[1 - 8] Macarena Movements with Hip Bumping to L

- 1 - 2 Extend right arm up with palm facing forward (1), hold (2)
3 - 4 Extend left arm up with palm facing forward (3), hold (4)
5 - 6 Touch left shoulder with right hand (5), hold (6)
7 - 8 Touch right shoulder with left hand (7), hold (8)

[9 - 16] Macarena Movements with Hip Bumping to L

- 1 - 2 Place right side of head with right hand (1), place left side of head with left hand (2)
3 - 4 Place right hand on left hip (3), place left hand on right hip (4)
5 - 6 Place right hand behind right hip (5), place left hand behind left hip (6)
7 - 8 Roll hip counterclockwise (7), roll hip clockwise (8)

[17 - 24] Arm movements, Hold, Jump Forward, Jump Back

- 1 While looking back from left, place right hand with clenched fist on left upper chest (1)
2 Turn outstretch pointed right arm looking front (2)
3 - 4 Hold (3), hold (4)
5 & 6 Small jump R forward and step L next to R (5), with both hands in running motion (& 6)
7 & 8 Small jump R back and step L next to R (7), with both hands in running motion (& 8)

[25 - 32] R – L Side Touch, Hip Swing

- 1 - 4 Step R to R side (1), touch L next to R (2), step L to L side (3), touch R next to L (4)
5 - 8 Step R to R side and swing hips to R (5), swing hips to L (6), swing hips to R (7), swing hips to L (8)

Enjoy!

Please refer to our tutorial video for arm movements
