

We're Stuck Together

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Ivan Rundgren (SWE) - 5 May 2024
音乐: Stuck Like Glue (feat. Lenka) - Nick Howard



Intro: 16 C NO TAGS OR RESTARTS ;)

SEC. 1 SCISSOR STEP R L – SYNCOPATED ROCK STEPS R L – STEP

1 & 2 Step R to R side (1) step L beside R (&) cross step R over L (2)
3 & 4 Step L to L side (3) step R beside L (&) cross step L over R (4)
5 – 6 & Step fwd R (5) recover to L (6) step R beside L (&)
7 – 8 & Step fwd L (7) recover to R (8) step L beside R (&)

SEC. 2 PIVOT 1/2 – R LOCK STEP– OUT – OUT – BACK CROSS ROCK – L CHASSÉ

1 – 2 Step fwd R (1) 1/2 turn L (2)
3 & 4 Step fwd R (3) lock L behind R (&) Step fwd R (4)
& 5 & 6 Step L diagonal fwd L (&) step R diagonal fwd R (5) step L behind R (&) cross step R over L (6)
7 & 8 Step L to L side (7) step R beside L (&) step L to L side (8)

SEC. 3 1/4 TURN R W/A SWAY – SWAY – R CHASSÉ – 1/4 TURN R W/A SWAY – SWAY – L CHASSÉ

1 – 2 1/4 turn R and sway to the R (1) sway to the L (2)
3 & 4 Step R to R side (3) step L beside R (&) step R to R side(4)
5 – 6 1/4 turn R and sway to the L (5) sway to the R (6)
7 & 8 Step L to L side (3) step R beside L (&) step L to L side(8)

ARM SUGGESTION FOR SEC 3:

WHEN SWAY, SWING R HAND R L AND SNAP FINGERS; SWING R HAND TO L R AND SNAP FINGERS,

SEC. 4 R CROSS ROCK – SAILOR 1/4 TURN R – STEP FWD L R – FWD SHUFFLE or TRIPLE FULL TURN

1 – 2 Cross step R over L (1) recover on L (2)
3 & 4 1/4 turn R sweeping and stepping R to R side (3) step L beside R (&) step fwd R (4)
5 – 6 Step fwd L (5) step fwd R (6)
7 & 8 Step fwd L (7) step R beside L (&) step fwd L (8)

Start over again!

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Have fun & happy dancing, hugs from Sweden

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