Stay With Me Baby

拍数: 48

级数: Intermediate

编舞者: Chris Jackson (UK) - September 2024

音乐: Stay with Me - Lorraine Ellison : (Amazon)

Three easy restarts to the music, 24-count intro, begins with weight on the right.

SECTION ONE – FORWARD-POINT HOLD, BACK POINT HOLD, CROSS ROCK- RECOVER, CROSS SIDE-ROCK

- 1,2,3,4,5,6 Forward left, point right, hold, Back right, point left, hold
- 7,8,9,10,11,12 Cross left over right, rock right to right side, recover on left to left side, cross right over left, left to left side recover on right

SECTION TWO – TURN, TOGETHER, STEP, HALF, HALF, STEP, ROCK-RECOVER, QUARTER, CROSS-TURN-SWEEP

- 1,2,3,4,5,6 Make a quarter turn left stepping back on left, right next to left, step forward left, stepping forward make a half turn left back on right, make another half turn left forward on left, forward right (9.0)
- 7,8,9,10,11,12 Rock forward on left, recover on right, make a quarter turn left stepping left to left side, cross right toes across left and push up on right and sweep left from left side to behind as you make a quarter turn to your left (3.0)

SECTION THREE – BEHIND, SIDE, CROSS, ROCK AND CROSS, SIDE-BEHIND AND-HEEL AND-CROSS, QUARTER, QUARTER

- 1,2,3,4,5,6 Left behind right, right to right side, cross left over right, rock right to right side, recover on left, cross right over left
- 7,8&9&10,11,12 Left to left side, right behind left, step diagonally back on left(&), touch right heel forward, right next to left(&), cross left over right, make a quarter turn left stepping back on right, make another quarter turn left stepping left to left side (9.0)

SECTION FOUR – CROSS, ROCK-RECOVER, CROSS, SIDE-DRAG, CROSS ROCK-RECOVER, QUARTER, QUARTER

- 1,2,3,4,5,6 Cross right over left, rock left to left side, recover on right to right side, cross left over right, right to right side, drag left towards right
- 7,8,9,10,11,12 Cross left over right, rock right to right side, recover on left to left side, cross right over left, make a quarter turn right stepping back on left, make another quarter turn right stepping right to right side (3.0)

RESTART Wall 2 – Dance up to Step 6 of Section Four slowing down as you do the 'side-drag' to fit the music and then Restart facing 12.0.

RESTART Wall 6 – Dance up to Step 6 of Section Four slowing down as you do the 'side-drag' to fit the music and then Restart facing 3.0.

RESTART Wall 8 – Dance up to Step 6 of Section Three slowing down as you do the 'rock and cross' to fit the music and then Restart facing 9.0.

ENDING Wall 9 – Dance up to Step 7 of Section Three, and change it to 'Step forward left making a quarter turn left to face front' – Ta Da!





墙数:4