

Stop & Go

拍数: 48 墙数: 4 级数: Intermediate
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音乐: She Loves Me, She Loves Me Not - Emilio



FORWARD RIGHT, LEFT, HEEL JACK, TOUCH, (REPEAT)

1-2 Step forward on right foot, step forward on left foot
&3 Step right foot diagonally back right, touch left heel forward
&4 Step left foot back to place, touch right foot next to left
5-8 Repeat above counts 1-4

POINT/SWEEP/CROSS STEPS, (TRAVELING BACK AND FORWARD)

1-2 Point right toe out to right side, sweep/step back right foot behind left
3-4 Point left toe out to left side, sweep/step back left foot behind right
5-6 Point right toe out to right side, step forward on right foot
7-8 Point left toe out to left side, cross/step left foot over right

UNWIND ½ TURN, RIGHT SHUFFLE, STEP, PIVOT, LEFT SHUFFLE, TOUCH

1 Unwind ½ turn right, (weight on left foot)
2&3 Right shuffle forward stepping, right, left, right
4-5 Step forward on left foot, pivot ½ turn right
6&7 Left shuffle forward stepping, left, right, left
8 Touch right foot next to left

CHASSE RIGHT, ROCK, ROCK, CHASSE ¼ TURN LEFT, CROSS, UNWIND ¾ TURN LEFT

1&2 Chasse right stepping, right, left, right
3-4 Rock forward on left foot, rock back on right foot
5&6 Chasse left making ¼ turn left stepping, left, right, left
7-8 Cross right foot over left, unwind ¾ turn left, (weight on right foot)

ROCK, ROCK, CROSS SHUFFLE, ROCK, ROCK ¼ TURN LEFT, LOCKSTEP

1-2 Rock left foot out to left side, rock right foot in place
3&4 Cross left foot over right, step right foot to right side, cross left foot over right
5-6 Rock right foot out to right side, rock left foot ¼ turn left
7&8 Step forward on right foot, lock left foot behind right, step forward on right foot

TOE/HEEL TOUCHES, POINT, ½ TURN RIGHT, COASTER STEP

1&2 Touch left toe out to left side, step left foot next to right, touch right toe out to right side
&3 Step right foot next to left, touch left heel forward
&4 Step left foot back to place, touch right foot next to left
5-6 Point right toe out to right side, make ½ turn right stepping right foot next to left
7&8 Step back on left foot, step back right foot next to left, step forward on left foot

REPEAT