

# Stop Look & Listen

**COPPER KNOB**  
STEPSHEETS

拍数: 32                      墙数: 4                      级数: Intermediate  
编舞者: Carole Daugherty (USA)  
音乐: Rubberneckin' (2003 Remix) - Elvis Presley



**Position: Begin dance facing 3:00 on left, turn to face 12:00 on count 1**

## **CROSS-¼ UNWIND-STAND, RETRO STRUTS: LEFT, RIGHT, BRUSH, TOE PRESS**

&1-2                      Cross ball of right foot over left, bend and open knees while unwinding ¼ left, straighten knees taking weight right while leaning back left

**Arms for counts &1-6:**

**Right arm: extend right arm straight forward, hand held in stop position. Hold arm position through counts 6**

**Left arm: bend left elbow behind left hip, snap fingers using up & down motion with music through counts 6**

3&4                      Strut forward with left toes pointed to 9:00, pulse left knee up, step down on left heel

5&6                      Strut forward on right foot, pulse right knee up, step down on right heel

**Styling: travel forward toward 12:00 with body angled to face 9:00 during counts 3-6**

7-8                      Brush left toes straight forward, press/point left toes out left

## **ELVIS HIP PUSHES: LEFT, RIGHT, TWIST ¼ RIGHT, ELVIS KNEE POPS: LEFT, RIGHT**

&1-2                      With left toes pressed left roll left hip left turning knee out (&1), push right hip sharply out right

3&4                      Turning ¼ right: twist heels left, twist heels right, twist heels left taking weight left

&5-6                      Step back in place on right, pop left knee forward across right, hold (or pulse to beat)

&7-8                      Step back in place on left, pop right knee forward across left, hold (or pulse with beat)

**Arm styling option: add Elvis like arm movements during this 8 count section**

## **SWITCH-CROSS, HOLD, TRAVELING RIGHT: SUGAR FOOT, STEP, TOGETHER, TOE, STEP RIGHT**

&1-2                      Step back in place on right foot, cross left foot in front of right, hold

3-4                      Touch right toe to left instep, touch right heel to left instep

5-6                      Step right on right foot, step left next to right foot

7-8                      Touch right toe to left instep, step right on right foot

**Or swivel to the right 5-6-7-8 taking weight right**

**Arm option: move arms across chest in the opposite direction of heels, look facing opposite direction of arms**

## **¼ LEFT MONTEREY TURN, KNEE ROLL STEP, PIVOT ½ LEFT, HOLD, PADDLE ½ LEFT**

1-2                      Point left toes left, turn ¼ left on ball of right drawing left back to step in place

3-4                      Roll right knee in, roll right knee out to step right

5-6                      Pivot ½ left onto left foot, hold

&7&8                      Push with right toes pressed next to left, turn ¼ left and step on left, push with right toes pressed next to left, turn ¼ left and step on left

**Or replace ½ left paddle with:**

7-8                      Step right forward, pivot ½ left onto left

**REPEAT**