

Stop Right Now

拍数: 32 墙数: 4 级数: Beginner
编舞者: Peter Metelnick (UK) & Alison Metelnick (UK) - August 2008
音乐: Stop - Spice Girls



Start After 36 Count Intro.

(1-8) L Rocking Chair (With Arm Movements), Vine L 3, R Together

- 1-2 Rock L forward, recover weight on R
(for really easy arm movements during counts 1-2 see below)
3-4 Rock L back, recover weight on R
5-6 Step L side, cross step R behind L
7-8 Step L side, step R together (weight ends on both feet) (12 o'clock)

(9-16) Heel Twist R & Centre, R Kick Ball Cross, R Side Shuffle, L Back Rock & Recover

- 1-2 Twist heels right, twist heels centre (weight ends on L)
3&4 Kick R forward, step R back, cross step L over R
5&6 Step R side, step L together, step R side
7-8 Rock L back, recover weight on R (12 o'clock)

RESTART: DURING wall 9 of the dance (3rd time facing front wall, this will be an instrumental section) dance as far as count 16 and then again from the beginning. Once you've begun this wall again after the restart, all the following walls will have the 'stop sign' arm movements!

(17-24) L Kick Ball Point, L Cross Step, R Point, L Fwd Rock & Recover, Walk Back L & R

- 1&2 Kick L forward, step L together, point R to side
3-4 Cross step R over L, point L to side
5-6 Rock L forward, recover weight on R
7-8 Step L back, step R back (12 o'clock)

(25-32) L Back Step Touch, R Fwd Shuffle, ¼ R & L And R Side Step Touches

- 1-2 Step L back, touch R together
3&4 Step R forward, step L together, step R forward
5-6 Turning ¼ right step L to side, touch R together
7-8 Step R side, touch L together (3 o'clock)

Really Easy Arm Movements for counts 1-2: During the choruses of the song, the Spice Girls will sing 'Stop Right Now'. This happens on walls 4 & 8 (facing 9 o'clock), 10 (facing 3 o'clock), 11 (facing 6 o'clock), 12 (facing 9 o'clock), and wall 13 (facing 12 o'clock) which is the big ending of the dance. As you rock forward extend your arm forward (either one – Peter uses his left, Alison her right) fingers up and palm out like you're giving the signal to 'stop'. Hold the arm out as you do the rock & recover on counts 1&2. Bring your arm back to your side after that. It's as easy as that! Have fun with it. Our improver class did!

ENDING: On wall 13 (facing 12 o'clock) step L forward and do the 'stop' sign. Hold...the end