

Stuck in Nowhere

拍数: 64 墙数: 4 级数: Intermediate
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音乐: Stuck - Caro Emerald : (4:33)



Intro 32 Counts.

Kick Ball Step 2 x, Rock Forward 2 x with Hip Bumps

1 & 2 kick RF forward, step right Ball next to LF, step forward LF,
3 & 4 repeat 1 & 2,
5 – 6 rock RF forward and sway hip forward, recover on LF and sway hip back,
7 – 8 repeat 5 – 6,

Step Lock Step Back R/L, Rock Back 2 x with Hip Bumps

1 & 2 step back on RF, lock LF in front of RF, step back on RF,
3 & 4 step back on LF, lock RF in front of LF, step back on LF,
5 – 6 rock RF back and sway hip back, recover on LF and sway hip forward,
7 – 8 repeat 5 – 6,

Chassé R, Cross Rock, Chassé L, Cross Rock

1 & 2 step RF to right side, step LF next to RF, step RF to right side,
3 – 4 rock LF across RF, recover on LF,
5 & 6 step LF to left side, step RF next to LF, step LF to left side,
7 – 8 rock RF across LF, recover on LF,

Heel Switches, Shuffle Forward, Step ½ Turn R, Heel Switches

1&2& touch right heel forward, step RF next to LF, touch left heel forward, step LF next to RF,
3 & 4 step RF forward, step LF to RF, step RF forward,
5 – 6 step LF forward, make ½ turn right and take weight on RF,
7&8& touch left heel forward, step LF next to RF, touch right heel forward, step RF next to LF,

Shuffle Forward, Step ¼ Turn L, Step ½ Turn L, Side Rock Cross

1 & 2 step LF forward, step RF to LF, step LF forward,
3 – 4 step RF forward, make ¼ turn left and take weight on LF,
5 – 6 step RF forward, make ½ turn left and take weight on LF,
7 & 8 rock RF to right side, recover on LF, cross RF over LF,

Heel Ball Cross 2 x, Side Rock, Cross Shuffle

1 & 2 touch left heel diagonally left forward, step left ball next to RF, cross RF over LF,
3 & 4 repeat 1 & 2,
5 – 6 rock LF to left side, recover on RF,
7 & 8 cross LF over RF, step RF to right side, cross LF over RF,

Monterey ½ Turn, Rock Forward & Rock Forward

1 – 4 point right toes to right, make ½ turn right on LF and step RF next to LF, point left toes to left,
step LF next to RF,
5 – 6 rock RF forward, recover on LF,
& step RF next to LF,
7 – 8 rock LF forward, recover on RF,

Sailor Step, Point Across, Point Side, Jazz Box Cross

1 & 2 cross LF behind RF, step RF to right side, step LF to left side,
3 – 4 point right toes across LF, point right toes to right side,

5 – 8 cross RF over LF, step back on LF, step RF to right side, cross LF over RF.

Start dance from the beginning.

Restarts

During wall 4 (9 h) restart after 16 counts.

During wall 7 Runde (12 h) restart after 48 Count.

Ending: You will end on 12 h with the Cross Shuffle (Counts 47 & 48. Point right toes to side and pose.
