

You Better Stop

拍数: 32 墙数: 4 级数: Intermediate NC
编舞者: Maryloo (FR) - October 2011
音乐: Stop - Sam Brown : (Album: The Very Best of Sam Brown)



Intro: 16 counts

SWAY TO SIDE, L. ROLLING VINE, R. ROLLING VINE, STEPS (L.R.), CROSS, BACK, BACK

- 1 Step right swaying to right
2&3 ¼ turn left stepping left forward, ½ turn to left stepping right right back, ¼ turn left stepping left to side
4 &5 ¼ turn right stepping right forward, ½ turn right stepping left back, ¼ right stepping right to side,
& 6 ¼ turn right stepping left forward, step right forward (3.00)
7&8 Cross left sweeping over right, step right back, step left back

R. COASTER STEP, RUN FORWARD (L.R.L.), ROCK BACK, RECOVER, ½ TURN LEFT STEPPING R. BACK, SAILOR ¼ TURN LEFT

- 1&2 Big step right back, drag left together, step right forward
3&4 Step left forward, step right forward, step left forward
5-6 Rock right back, recover on left
& ½ turn left stepping right back (9.00)
7&8 Step left slightly behind right, ¼ turn left stepping right next to left, step left slightly forward (6.00)

Restart here during 6th wall (3.00) – (6th wall begins facing 9.00) – RESTART FACING 3.00, this will begin 7th wall

Tag here during 8th wall (6.00) : make a Hold during 4 counts and continue the dance

BALL/POINT TO SIDE WITH A ¼ TURN TO RIGHT, ¼ LEFT & DROP L., FULL TURNS (1/4-1/2-1/2-1/2) , STEP, STEP, RUN FORWARD (R.L.R.), ROCK FORWARD

- &1 Ball/step right on place with a ¼ turn right, touch/point left to side (9.00)
2 ¼ turn to left and drop left foot in place (6.00)
&3 1/4 turn left stepping right back (3.00), 1/2 turn left stepping left forward (9.00)
&4 ½ turn left stepping right back (3.00), ½ turn left stepping forward (9.00)
&5 Step right forward, step left forward
6&7 Step right forward, step left forward, step right forward
8& Rock left forward, recover on right

L. BACK , R. BACK WITH SWEEPING, BEHIND, SIDE, CROSS (R. & L. SIDE), RECOVER, SWAYING R. & L.

- 1 Step left back sweeping right from front to back
2 Step right back sweeping left from front to back
3&4 Step left behind right, step right to side, cross left over right
5&6 Step right behind left, step left to side, cross right over left

Restart here during 3rd wall after 5&6&.....(3.00)

- 7&8 Recover back on left, step right swaying to right side, step left swaying to left side

RESTART :

On the 3rd wall, there is a restart at the 30 th count :

- 5&6& Step right behind left, step left to side, cross right over left , recover on left(&) then restart from the beginning (3.00)

On the 6th wall , dance up the 16 first counts and then restart from the beginning (3.00)

TAG: On the 8th wall after 16 counts (6.00), add 4 counts HOLD before continuing the dance
Option: Cross right over left (lock) and make an UNWIND full turn to the left during the 4 counts
Easy option: Describe a circle by raising arms stretched out in front of the body and get down again them laterally.

Have Fun !

Contact choreographer : malouwin@hotmail.fr

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