

Stop And Go Shanty

拍數: 32 牆數: 4 級數: High Improver
編舞者: Adrian Churm (UK) - March 2017
音樂: Rejected Marvels - Stamp'n Go Shanty



Sec 1: □ Side rock, recover, triple step crossover, x2

1 – 2 Rock right foot to the side, recover onto left.
3&4 Step right foot across left, step left foot to the side, step right across left.
5 – 6 Rock left foot to the side, recover onto right.
7&8 Step left foot across right, step right foot to the side, step left across right.

Sec 2: □ Side, behind, ¼ turn right into shuffle forward, ½ turn right, close forward, forward

1 – 2 Step right foot to the side, step left foot behind right.
3&4 ¼ turn right, shuffle forwards right left right.
5 – 6 Step forward left, ½ turn right (weight end on right forward).
&7 – 8 Step left foot next to right, step forward right, strong step forward left or stomp forward.

Sec 3: □ Scuff, heel touch forward, right coaster step, rock, recover, left coaster step

1 – 2 Scuff right heel forward, touch right heel forward.
Restart here during the 8th repetition of the dance (you will be facing 6 o'clock again to start wall 9)
3&4 Step right foot back, close left foot to right, step right foot forward.
5 – 6 Rock forward onto left, recover back onto right.
7&8 Step left foot back, close right foot next to left, step left foot forward.

Sec 4: □ heel and toe switches turning ¼ left, close, step forward ¼ turn left, cross rock, recover

1&2 Touch right heel forward, step right foot in place, touch left toe next to right heel.
&3 ¼ turn left stepping left foot forward, touch right toe next to left heel.
&4 Small step back on right, touch left heel forward.
&5 – 6 Close left foot next to right, step right foot forward, ¼ turn left (weight ending on left foot).
7 – 8 Rock right foot across left, recover back onto left foot.

Note On wall 3 facing 6 o'clock , wall 6 facing 3 o'clock and wall 12 facing 3 o'clock you will start the dance from counts 3&4 of section 1 after the cross rock recover on counts 7 – 8 in section 4

Restart On the 8th repetition of the dance after counts 1 – 2 of section 3

Optional ending to finish facing the front on the last wall of the dance.

on the 12th wall of the dance after counts &5 – 6 of section 4 do the following.

7 – 8 step right foot forward, make a ½ turn left to end the dance facing the front.