

I'm Stuck

拍數: 64 牆數: 2 級數: Improver
編舞者: Daniel Trepát (NL), Roy Verdonk (NL), Nisrine Verdonk (NL) & Laura Bartolomei (FR) - June 2017
音樂: I'm Stuck - Noah Cyrus



Intro: 16 counts from first beat in music (app. 8 sec. into track)

Tag: 12 counts in the 5th wall after 32 counts then continue the dance from count 33

[1 – 8] □ Stomp, Hold, Close, Shuffle Diagonal, Cross, Back, Shuffle ¼ turn L □

1 – 2& Stomp R diagonally R forward (1), Hold (2), Step L next to R (&) □ 12:00
3&4 Step R diagonally R forward (3), Step L next to R (&), Step R diagonally R forward (4) □ 12:00
5 – 7&8 Cross L over R (5), Step R back (6), Step L to L side (7), Step R next to L (&), ¼ turn L stepping L forward (8) □ 9:00

[9 – 16] □ 4 Heel Switches With a ¼ turn L, ½ turn L with heel Bounces □

1&2& R heel touch fwd (1), Step R next to L (&), L heel touch fwd (2), ¼ turn L stepping L next to R (&) □ 6:00
3&4& R heel touch fwd (3), Step R next to L (&), L heel touch fwd (4), Step L next to R (&) □ 6:00
5 – 8 Step R forward (5), Start turning ½ turn L with both feet heel bounce (6), Continue turning and bounce both heels (7) Finish turning and bounce with both heels (finish on R) (8) □ 12:00

[17 – 24] □ Coaster step, Kick Ball Step, Rocking Chair □

1&2 Step L back (1), Step R next to L (&), Step L forward (2) □ 12:00
3&4 Kick R forward (3), Step on ball of R next to L (&), Step L forward (4) □ 12:00
5 – 8 Rock R forward (5), Recover on L (6), Rock R back (7), Recover on L (8) □ 12:00

[25 – 32] □ ¼ turn L, Big step R, Sailorstep, Heel Grind with ¼ turn R, Coasterstep □

&1 – 2 ¼ turn L (weight still on L) (&), Big step R to R side (1), Collect L next to R (2) □ 9:00
3&4 Step L behind R (3), Step R slightly to R side (&), Step L to L side (4) □ 9:00
5 – 6 Cross R on Heel over L (5), ¼ turn R (turning on the R heel) and step L back □ 12:00
7&8 Step R back (7), Step L next R (&), Step R forward (8) □ 12:00

[33 – 40] □ Charleston Basic □

1 – 4 Touch L forward (1), Step L back (2), Touch R back (3), Step R forward (4) □ 12:00
5 – 8 Repeat count 1 to 4 □ 12:00

[41 – 48] □ Jazzbox ¼ turn L, Shuffle Diagonal L, Shuffle Diagonal R (with arm movements) □

1 – 4 Cross L over R (1), ¼ turn L stepping R back (2), Step L to L side (3), Cross R over L (4) □ 9:00
5&6 Step L in L diagonal (pushing both hands up) (5), Step R next to L (hands next to head) (&), Step L in L diagonal (pushing both hands up) (6) □ 9:00
7&8 Step R in R diagonal (pushing both hands up) (7), Step L next to R (hands next to head) (&), Step R in R diagonal (pushing both hands up) (8) □ 9:00

[49 – 56] □ Jazzbox ¼ turn L, Shuffle Diagonal L, Shuffle Diagonal R (with arm movements) □

1 – 4 Cross L over R (1), ¼ turn L stepping R back (2), Step L to L side (3), Cross R over L (4) □ 6:00
5&6 Step L in L diagonal (pushing both hands up) (5), Step R next to L (hands next to head) (&), Step L in L diagonal (pushing both hands up) (6) □ 6:00
7&8 Step R in R diagonal (pushing both hands up) (7), Step L next to R (hands next to head) (&), Step R in R diagonal (pushing both hands up) (8) □ 6:00

[57 – 64] □ Cross, Point R, Cross, Point L, Rockstep, Coasterstep □

1 – 4 Cross L over R (1), Point R to R side (2), Cross R over L (3), Point L to L side (4) □ 6:00

5 – 8 Rock L forward (5), Recover on R (6), Step L back (7), Step R next to L (&), Step L forward (8) □ 6:00

End of dance & begin again! □

TAG: □ 12 counts in the 5th wall after 32 counts then continue the dance from count 33 □

[1 – 12] □ Hand brush back and fwd, 2x Clap, Hand Brush back and fwd, 1x Clap, ½ turn Circle Walk, Posé □

1&2&3&4 Brush both hands back on legs (1), Brush both hands forward on legs (&), Clap (2), Clap (&),
Brush both hands back on legs (3), Brush both hands forward on legs (&), Clap (4) □ 12:00

5 – 8 Walking 4 walks in a half Circle L starting with the R (R 5, L 6, R 7, L 8) □ 6:00

9 – 12 Step R diagonally R forward & Make a pose (9), Hold for 3 counts (10 – 12) □ 6:00

Continue with the dance from the Charleston Basics □
