

Stop for a Minute (P)

拍數: 32 牆數: 0 級數: Improver Partner
編舞者: Claude Dufresne (CAN) & Manon Lamothe (CAN) - 2021
音樂: Come as You Are - Tenille Townes



Start Position: Sweetheart facing L.O.D. Man and Lady's steps are Like footwork except where noted.
Intro :16 count

(1-8) Rock Step, Back, Lock, Back, Shuffle ½ turn, Step, Heel Swivel

1-2 Rock R forward - Back on L
3&4 Step R back, lock L in front of R, step R back.

Release L hands

5&6 Shuffle L, R, L, ½ turn L

Reverse Skater position, R hands behind the man's back, L hands forward, facing O.L.O.D

7&8 Step R forward - Pivot R heel to the R- Return R heel to center

(9-16) Coaster Step, Rock Step, Shuffle ½ turn, Cross, Back

1&2 Step R back – Step L next to R – Step L forward
3-4 Rock L forward - Back on R

Let go R hands

5&6 Shuffle L, R, L, ½ turn L

Resume R hands in Sweetheart position facing L, O, D.

7-8 Cross R in front of L - Return to L

Restart At this point of the dance

(17-24) Pivot ¼ turn Stomp Down, Hold, Behind-Side-Cross, Side Rock Step, Behind, Step ¼ turn, Walk, Walk

1-2 Pivot ¼ turn R and R stomp down - Pause
3&4 Cross L behind R - Step R to R side - Cross L in front of R
5-6 Rock R to the R - Back on the L
7&8& Cross R behind L- Step L ¼ turn L- Step R forward - Step L forward

(25-32) (Walk, Walk, Step, Lock, Step, Scuff) x2

1-2 Step R forward – Step L forward.
3&4& Step R forward diagonally to the R - Lock L behind R - Step R diagonally to the R - Scuff L
5-6 Step L forward - Step R forward
7&8& Step L forward diagonally to the L - Lock R behind L - Step L diagonally to the L - Scuff R

Restart On the 3rd routine of the dance, do the first 16 counts then, restart the dance from the beginning

**Note This dance can be done at the same time as and is inspired by:
Party on the Rooftop (beginner-intermediate line) by Jo Boocock and Bex Roper (NZ)**