

Stop & Stare

拍數: 48 牆數: 2 級數: Improver
編舞者: Desiree Tate (USA) & Cathy Snow (USA) - January 2024
音樂: Dance Her Home - Cody Johnson



Intro: 32

[1-8] STEP R, HITCH L; STEP L, HITCH R; SWAY R, L, R, L

1-2 Step right; hitch left
3-4 Step left, hitch right
5,6,7&8 Sway right, left, right, left

[9-16] LINDY R, L

1&2 Shuffle right, left, right
3-4 Rock back on the left foot behind right; recover right
5&6 Shuffle left, right, left
7-8 Rock back on right foot behind left, recover left

[17-24] R SUGAR FOOT, TRIPLE STEP; L SUGAR FOOT, TRIPLE STEP

1-2 Point right toe to left instep, right heel to left instep
3&4 Triple-step in place right, left, right
5-6 Point left toe to right instep, left heel to right instep
7&8 Triple-step in place left, right, left

[25-32] ROCK R, RECOVER L; SHUFFLE BACK; ROCK BACK L, RECOVER R; SHUFFLE FORWARD

1-2 Rock forward on right, recover on left
3&4 Shuffle back right, left, right
5-6 Rock back on left; recover on right
7&8 Shuffle forward left, right, left

[33-40] VINE R with L SCUFF, 1/4 TURN OVER R SHOULDER, VINE LEFT

1,2,3,4 Step right, step left behind right, step right, scuff left turning 1/4 over right shoulder
5,6,7,8 Vine left

[41-48] 2X 1/8 PADDLE (CHUG) TURN, R ROCKING CHAIR

1 On ball left foot turn slightly left as you slightly touch right toe out to side, small hitch with right knee
2, 3 Repeat; Repeat completing 1/4 turn
4 Step right together
5-6 Rock forward right, recover left; Rock back right, recover left

Last Update: 3 Feb 2024