

Stuck

拍數: 112 牆數: 1 級數: Phrased Intermediate
編舞者: Joel Hoffman (USA) - February 2024
音樂: Stuck - Thirty Seconds to Mars



#16-count intro to start on lyrics; Sequence: A,A,B,A,A,B,C,Tag,A(32),C,Tag

Part "A" - 48 counts

A[1-8] Forward Rt, Lt, Rt Mambo Forward and Back w/ Lt Sweep

1-4 Slow 2-count step fwd on Rt (1-2), Slow 2-count step fwd on Lt (3-4)
5-8 Rock fwd Rt (5), recover weight back to Lt (6), step back with Rt starting Lt sweep (7), (8 in the sweep)

A[9-16] Step Back Lt, Sweep, Behind-Side-Cross w/ Sweep, Cross, ¼ Turn L Step Back Rt

1-2 Step Lt foot back to Rt foot sweep (1), (2 in the sweep)
3-6 Step Rt behind Lt (3), Step Lt to L (4), step Rt across Lt starting Lt sweep fwd (5) (6 in the sweep)
7-8 Cross Lt over Rt (7), ¼ turn L, Rt steps back (8) (9:00)

** Note: A[17-32] mirrors A[1-16], but starting with Lt

A[17-24] ¼ Forward Left, Right, Left Mambo Forward and Back w/ Right Sweep

1-2 ¼ turn L, Slow 2-count step fwd on Lt (1-2) (6:00)
3-4 Slow 2-count step fwd on Rt (3-4)
5-8 Rock fwd with Lt (5), recover back to Rt (6), step back Lt starting Rt sweep fwd (7), (8 in the sweep)

A[25-32] Step Back Rt, Sweep, Behind-Side-Cross w/ Sweep, Cross, ¼ Turn R Step Back Lt

1-2 Step Rt foot back starting Lt foot sweep (1), (2 in the sweep)
3-6 Step Lt behind Rt (3), Step Rt to R (4), step Lt across R starting Rt sweep (5) (6 in the sweep)
7-8 Cross Rt over Lt (7), ¼ turn R, Lt steps back (8) (9:00)

* On fifth repetition of "A," dance only the first 32 counts, then start "C" after ¼ R

A[33-40] ¼ R, Sways, Chasse' R, Sway R

1-4 ¼ turn R, Slow sway R (1-2), Slow sway L (3-4) (12:00)
* Styling: hands criss-crossing in front of face as lyrics say "She's a Ghost"
5-8 Step Rt to R (5), Step Lt beside Rt (6), Step Rt to R (7), Sway R (8)

A[41-48] Sways, Chasse' L, Drag

1-4 Slow Sway L (1-2), Slow Sway R (3-4)
5-8 Step Lt to L (5), Step Rt beside Lt (6), Step Lt to L (7), Drag R (8)
* Styling: at end of 2nd and 4th "A," don't drag ... get "STUCK"

Part "B" - 32 counts

B[1-8] Stomps x 3, Clap, Rock-Recover-Cross, ¼ Lt fwd, ¼ Rt Side, Lt Together

1-4 Rt stomps 3 times, Clap
5-7 Rock Rt to R (5), Recover Lt (6), Cross Rt over Lt (7)
&&& ¼ L step fwd Lt (&), ¼ L step Rt to R (8), close Lt to Rt (&) (6:00)

B[9-16] Step Rt back, Rock Lt Recover Rt, Step Lt, Heel & Toe Syncopation

1-4 ¼ L Step Rt back (1), Rock back Lt (2), Recover Rt (3), Step fwd Lt (4) (3:00)
5&6&7&8& Rt Heel Front (5), Rt next to Lt (&), Lt toe taps back (6), Lt next to Rt (&), Rt heel front (7), Rt next to Lt (&), Lt heel front (8), Lt next to Rt (&)

B[17-24] Rock Rt Recover, Behind ¼ L Step Lt, Step Rt, Rock Lt Recover, ½ Lt Shuffle

- 1-2 Rt rock R (1), Recover Lt (2)
3&4 Rt cross behind Lt (3), ¼ turn L - Lt step fwd (&), Rt step fwd (4) (12:00)
5-6 Rock Lt forward (5), recover Rt (6)
7&8 ½ turn L - Lt steps fwd (7), Rt steps next to Lt (&), Lt steps fwd (8) (6:00)

B[25-32] ½ L Step Back Rt, Rock back Lt, Recover, Step Lt, Anchor R-L-R, Anchor Back L-R-L

- 1-4 ½ turn L, Rt steps back (1), rock back Lt (2), Recover Rt (3), Step Lt Fwd (4) (12:00)
5-6& Step fwd Rt (5), Lock Lt behind Rt (6), Step weight on Rt (&)
7-8& Step Lt Back (7), Lock Rt behind Lt (8), Step weight on Lt (&)

Part C - 32 counts**C[1-8] Stomps, Hip Bumps Rt x 2, Hip Bumps Lt x2, Hip Roll**

- 1-4 Stomp Rt (1), Stomp Lt [Shoulder width apart] (2), Bump Hips Rt x2 (3-4)
5-8 Bump Hips Lt x2 (5-6), Clockwise Hip Roll (7-8)

C[9-16] Step, Hitch, Step, Hitch, Pony Back x2

- 1-4 Step Rt, hitch Lt foot across Rt shin, Step Lt, hitch Rt across Lt shin
5&6 Step Rt back and hitch Lt (5), Lt ball together (&), Step Rt and hitch Lt (6)
7&8 Step Lt back and hitch Rt (7), Rt Ball together (&), Step Lt and Hitch Rt (8)

C[17-24] Out-Out, In-In, Rt Kick x2, Step and Lt Kick x2

- 1-4 Stomps Rt - Lt: out - out (1-2), Stomps Rt - Lt: in - in (3-4)
5-8 Kick Rt fwd x2 (5-6), Step Rt next to Lt (&), Kick Lt fwd x2 (7-8)

C[25-32] Rock back - Recover, Walk Walk, V-Step and Hug

- 1-4 Rock back on Lt (1), recover to Rt (2), Walk forward Lt (3) Rt (4)
5-6 Step Lt fwd on L diagonal (5), Step Rt fwd on R diagonal (6)
7-8 Step Lt back to middle (7), Step Rt back next to Lt (8)

*** Styling at end of "C": wrap both arms around the body, head down, hold through Tag and End**

Tag - 4 counts

- 1-4 Hold arms around chest head down from end of "C"

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