

# Seagulls Stop It Now

COPPER KNOB  
STEP SHEETS

拍數: 46

牆數: 0

級數: Phrased Intermediate Circle Contra  
Dance



編舞者: Kerry Maus (USA) & Jesse Eschbach (USA) - March 2025

音樂: Seagulls! (Stop It Now) - Bad Lip Reading

Intro: 8 counts, Sequence: A-B-A(28)-B(12)-A-B-A-Tag1-B\*B-A-B\*B\*- TAG2(HOLD/RESET)-A\*A-B\*B  
CHOREOGRAPHER'S NOTE: Listen to the music several times, then work your way through the step sheet; relax and have fun – this is not intended to be a technical dance, it's meant to be a goofy good time and a bit chaotic! Once comfortable with the basics, play with variations; it's extra fun if you sing along! □

## A: 32 Counts

Starting position: Facing each other in contra position in inside/outside circles, offset slightly with right shoulders across from each other, 1-1.5 feet apart

NOTE: When you dance A into A, swivel heels, toes, heels straight on, do not do the ¼ turn. Marked by “\*” in sequence.

### [1-8] ROCK, RECOVER, BACK TRIPLE STEP, ½, ½, ¼ TRIPLE IN PLACE (VERY SMALL STEPS)

- 1,2 3&4      1) Rock R forward; 2) Recover L; 3) Step R back; &) Step L beside R; 4) Step R back  
5,6            5) Small step L forward turning ½ left; 6) Small step R back turning ½ left (easy option no turns: two SMALL steps back)  
7&8            7) Turn ¼ left stepping L to left; &) Step R beside L; 8) Step L beside R [9:00]

### [9-16] ¾ CLOCKWISE (RIGHT) WALK AROUND - WALK, WALK, TRIPLE STEP, WALK, WALK, TRIPLE STEP

During the walk around, hold out your right hand to your partner's right hand as you rotate.

- 1,2            1) Turn 1/8 right stepping R forward; 2) Turn 1/8 R stepping L forward  
3&4            3) Turn 1/8 right stepping R forward; &) Step L beside R; 4) Step R forward  
5,6            5) Turn 1/8 right stepping L forward; 6) Turn 1/8 R stepping R forward  
7&8            7) Turn 1/8 right stepping L forward; &) Step R beside L; 8) Step L forward [6:00]

Note: You and your “partner” have now switched places but should be in same positioning (Inside vs. Outside)

### [17-24] SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS, SWAY L,R,L, SIDE TRIPLE (CHASSÉ)

- 1,2 3&4      1) Rock R to R side; 2) Recover L; 3) Cross R behind L; &) Step L to left; 4) Cross R over L  
5,6,7&8&1    5) Step L to left sway hips to left; 6) Sway hips R; 7) Sway hips L; 8) Step R to right; &) Step L beside R; 1) Step R to right

### [25-32] BEHIND, SIDE, STOMP, TWIST TO LEFT, HEELS, TOES, HEELS & ¼ TURN R, WEIGHT TO L, HEELS R,L

- 2,3,4            2) Cross L behind R; 3) Step R to right; 4) Stomp L beside R

The 2nd time through Part A, there is a slight step modification: 2) cross L behind R; 3) turn ¼ right step R forward, 4) stomp L beside R - start the short Part B (12 counts)

- 5&6            5) Twist both heels left; &) Twist both toes left; 6) Twist both heels left and turn ¼ right, weight to L  
7&8&            7) Touch R heel forward; &) Step R beside L; 8) Touch heel forward; &) Step L beside R [9:00]

Tag 1: After 4th repetition of part A, when the lyrics say “Let me grab my beater”

## B: 16 Counts

During this section, the inside and outside circles will weave in and out of each other (like a braid). You will pass the first person on the left, passing right shoulders. The next person you will pass left shoulders.

Alternate this 4 times.

NOTE: When you dance B into B, take out the ¼ turn and continue to triple, weaving in and out. Marked by “\*” in sequence.

**[1-8] WALK, WALK, SHUFFLE (PASS R SIDES), WALK, WALK, SHUFFLE (PASS L SIDES)**

- 1,2 3&4      1) Step R forward to left diagonal; 2) Step L forward; \*3) Step R forward; &) Step L beside R;  
4) Step R forward (CLAP!)
- 5,6 7&8      5) Step L forward to right diagonal; 6) Step R forward; \*7) Step L forward; &) Step R beside L;  
8) Step L forward (CLAP!)

**[9-16] WALK, WALK, SHUFFLE (PASS R SIDES), WALK, WALK, ROCK, RECOVER, ¼ TURN L**

- 1,2 3&4      1) Step R forward to left diagonal; 2) Step L forward; 3) Step R forward; &) Step L beside R;  
4) Step R forward (CLAP!)

The second time through B, after 12 counts: Counts 1&2 are the same, then 3) Rock R forward; &) Recover L and turn ¼ Right; 4) touch R together (End facing a new partner) Start part A, rocking R foot forward...

- 5,6 7&8      5) Step L forward to right diagonal [10:30]; 6) step R forward; 7) rock L forward; &) recover R;  
8) turn ¼ L, weight to L

**TAG 1: ARM MOVEMENTS**

- 12&34      1) Hold; 2) Slap R hand to R thigh; &) Slap L hand to L thigh; 3) CLAP!; 4) Hold

Optional: You can put both hands up on count 4 like you're holding drumsticks, and "play the drums" through the next part B section for a silly variation :)

**TAG 2: HOLD: 8 COUNTS to rest/reset and pair up with a partner, if you've gotten lost!**

- 1,2,3,4      During the last 4 counts of part B before this hold, the singer says "now breathe" and the music stops – you now have 8 counts to just pause reset and pair up with a partner, if you've gotten lost!
- 5,6,7,8      On count 8, you'll hear a little "OooWhooOoo" and that's your warning to get ready to start Part A

**SHORT A & B – STEP CHANGES:**

**PART A:** 2nd time through, after 28 counts, AFTER COUNT 2 in the fourth section, Then a step change: 3) Turn ¼ to the right (clockwise) stepping R forward, 4) Stomp L beside R. Then start part B, walk, walk triple step...

**PART B:** 2nd time through, after 12 counts, AFTER COUNT 2 in the second section, then a step change: 3) Rock R forward, &) Recover on L turning ¼ right 4) Touch R beside L (clockwise). Start part A, rock, recover, back triple step...

**ENDING (Styling):**

We love the chaos of this song, so during the final repetition of part B, channel your inner seagull and "fly" (dance) off to a random part of the floor, so we have a flock of seagulls all going in different directions.

**SEQUENCE RECAP:** A-B-A(28cts)-B(12cts)-A-B-A-Tag1-B\*(no ¼ turn)-B-A-B\*(no ¼ turn)-B\*(no ¼ turn)-Tag2(HOLD/RESET)-A\*(no ¼ turn)-A-B\*(no ¼ turn)-B

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**ADDED BONUS!** Those that want to participate in this super fun song & dance, but don't want ^^ that "chaos", do this:

During the part B section, run around the outside of the circle of dancers flapping your "wings" like a flock of seagulls.

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