

Somebody Stop Me

COPPER KNOB
BY STEPHEN

拍數: 48 牆數: 2 級數: Improver
編舞者: Christine Moore (UK)
音樂: Somebody Stop Me - Erica Rivera



The choreographer was age 15 when this dance was created.

KICK KICK FORWARD RIGHT, COASTER STEP RIGHT, ROCK FORWARD LEFT, SHUFFLE ½ TURN LEFT

1-2 Kick forward right twice
3&4 Step back right, step left beside right, step forward right
5-6 Rock forward on left, rock back on right
7&8 Shuffle back making ½ turn left, stepping - left, right, left

HEEL SWITCHES RIGHT LEFT RIGHT & HOLD, HEEL SWITCHES LEFT RIGHT LEFT & HOLD

1-4 Touch right heel forward, step right beside left, touch left heel forward, step left beside right, touch right heel forward & hold
5-8 Touch left heel forward, step left beside right, touch right heel forward, step right beside left, touch left heel forward & hold

ROCK FORWARD RIGHT, SHUFFLE BACK RIGHT, STEP BACK LEFT RIGHT, COASTER STEP LEFT

1-2 Rock forward on right, rock back onto left
3&4 Step back right, close left beside right, step back right
5-6 Step back left, step back right
7&8 Step back left, step right beside left, step forward left

RIGHT ROCK CROSS, LEFT ROCK CROSS, ROCK FORWARD RIGHT, SHUFFLE ½ TURN RIGHT

1-2 Rock to right side on right, rock onto left in place, cross right over left
3-4 Rock to left side on left, rock onto right in place, cross left over right
5-6 Rock forward on right, rock back onto left
7&8 Shuffle back making ½ turn right, stepping - right, left, right

LEFT BEHIND & HEEL JACK CROSS, RIGHT BEHIND & HEEL JACK CROSS

1-2 Step left to the left side, step right behind left
&3 Step diagonally back left, touch right heel diagonally forward right
&4 Step right into center, cross left over left
5-6 Step right to the right side, step left behind right
&7 Step diagonally back right, touch left heel diagonally forward left
&8 Step left into center, cross right over right

LEFT ROCK CROSS, RIGHT ROCK CROSS, ROCK FORWARD LEFT, SHUFFLE ½ TURN LEFT

1-2 Rock to left side on left, rock onto right in place, cross left over right
3-4 Rock to right side on right, rock onto left in place, cross right over left
5-6 Rock forward on left, rock back on right
7&8 Shuffle back making ½ turn left, stepping - left, right, left

REPEAT