

Stop And Go

拍數: 32 牆數: 4 級數: Improver
編舞者: Matesa (AUT)
音樂: Come Go With Me - The Beach Boys



KICK, ¼ TURN STEP, KICK, STEP, KICK BALL STEP, STEP, HOLD

1-2 Kick right foot forward, turn ¼ right as you step right next to left
3-4 Kick left foot forward, step left next to right
5&6 Kick right foot forward, step right next to left, step left forward
7-8 Step right forward, hold

½ TURN RIGHT, STEP, HOLD, TWO TRIPLE ½ TURNS

1-2 Step forward left, make ½ turn right
3-4 Step forward left, hold
5&6 Turn ½ left while doing a triple step right-left-right
7&8 Turn ½ left while doing a triple step left-right-left

Counts 5-8 should be done almost in place

Easier option for counts 5-8: replace triple turns by

SHUFFLE FORWARD RIGHT, SHUFFLE FORWARD LEFT, KEEPING STEPS SMALL

5&6 Shuffle forward right-left-right
7&8 Shuffle forward left-right-left

SIDE ROCK, SLOW SAILOR STEPS

1-4 Rock right to right side, step left in place, cross right behind left, rock left to left side
5-8 Step right in place, cross left behind right, rock right to right side, step left foot forward

½ TURN, HOLD, ½ TURN, HOLD

1-4 Step forward right, make ½ turn left, step forward right, hold and clap
5-8 Step forward left, make ½ turn right, step forward left, hold and clap

REPEAT

TAG

For Supergrass track, after wall 8 (facing front wall) repeat last eight counts
