

Stop The Clock

拍數: 32 牆數: 4 級數: Improver contra dance
編舞者: Dave Fife (UK)
音樂: The Heart Stops The Clock - James Bonamy



SYNCOPATED JUMPS, & OUT CLAP, & IN CLAP, KICKBALL STEP, UNWIND $\frac{3}{4}$ TURN RIGHT

- &1-2 Jump feet apart (right left), hold & clap
- &3-4 Jump feet together (right left), hold & clap
- 5&6 Kick right foot forward, step in place on ball of right foot with weight on right, step left foot slightly forward
- 7-8 Cross right behind left, unwind $\frac{3}{4}$ turn light (weight on right)

CHASSE LEFT, ROCK BACK, CHASSE RIGHT, ROCK BACK & TURN

- 1&2 Step left to left side, close right beside left, step left to left side
- 3-4 Step right foot behind left, rock forward onto left
- 5&6 Step right to right side, close left beside right, step right to right side
- 7-8 On ball of right make $\frac{1}{4}$ turn left rocking back onto left, rock forward onto right

STEP TOUCH, STEP TOUCH, CROSS $\frac{1}{4}$ TURN, $\frac{1}{2}$ TURNING SHUFFLE

- 1-2 Step forward on left, touch right to right side
- 3-4 Step forward on right, touch left to left side
- 5-6 Cross left over right, on ball of left foot make $\frac{1}{4}$ turn left as you step back onto right foot
- 7&8 Step back on left turning $\frac{1}{4}$ turn left, close right beside left, step left $\frac{1}{4}$ turn left

STEP PIVOT $\frac{1}{2}$ TURN, RIGHT SHUFFLE FORWARD, FULL TURN, LEFT SHUFFLE FORWARD

- 1-2 Step forward on right, pivot $\frac{1}{2}$ turn left
- 3&4 Step forward on right, close left beside right, step forward on right
- 5-6 On ball of right make $\frac{1}{2}$ turn right stepping back on left, on ball of left make $\frac{1}{2}$ turn right stepping forward onto right
- 7&8 Step forward on left, close right beside left, step forward on left

REPEAT

TAG

When using the James Bonamy track the music slows down at the beginning of wall 8, as you approach the end of section 1 following the kickball change. Cross right behind left slowly unwind $\frac{3}{4}$ turn & pause slightly. Pick up the dance again where you left off when he sings the word clock