

Stop The Wheel

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Dee Musk (UK)
音樂: Stand Still - Phil Vassar



CROSS ROCK SIDE, CROSS ROCK ¼ TURN RIGHT, STEP ¾ TURN RIGHT, BACK ROCK SIDE

1&2 Cross rock left over right, recover weight to right, step left to left side
3&4 Cross rock right over left, recover weight to left, make a ¼ turn right stepping right forward
5&6 Step forward on left, make a ¾ turn right, step left to left side
7&8 Rock right behind left, recover weight to left, step right to right side

SWAY LEFT, SWAY RIGHT, & SIDE CLOSE ¼ TURN RIGHT, FULL TURN RIGHT, SWEEP SAILOR ¼ TURN

1-2& Sway left (1), sway right (2), recover weight to the left on the (&) count
3&4 Step right to right side, close left beside right, make a ¼ turn right stepping right forward
5&6 Step forward on left, make a ½ turn right, continue round making a further ½ turn right stepping left foot back
7&8 Sweep right foot out, round, and behind left, while making a ¼ turn right, step weight on to right, step left to left side, step right slightly forward

CROSS ROCK RECOVER TWICE, CROSS, SIDE, BEHIND, ¼ TURN, STEP PIVOT STEP

1&2 Cross left over right, rock right out to right side, recover weight to left
3&4 Cross right over left, rock left out to left side, recover weight to right
5&6& Cross left over right, step right to right side, cross left behind right, make a ¼ turn right, stepping right forward
7&8 Step forward on left, make a ½ turn right, step forward on left

WALK, WALK, MODIFIED MAMBO, STEP, SIDE ROCK RECOVER, AND, SIDE ROCK & CROSS

1-2 Walk right, walk left
3&4& Rock back on right, recover weight to left, walk right, walk left
5-6& Rock right out to right side, recover weight to left, step right next to left
7&8 Rock left out to left side, recover weight to right, cross left over right,

¼ TURN RIGHT, ½ TURN RIGHT, & LEFT LOCK STEP, POINT ¾ TURN RIGHT, RIGHT CHASSE

1-2& Make a ¼ turn right stepping forward on right, make a ½ turn right stepping back on left, step right next to left
3&4 Step left forward, lock right behind left, step left forward
5-6 Point right to right side, make a ¾ turn right (weight remains on left)
7&8 Step right to right side, close left beside right, step right to right side

CROSS ROCK SIDE, CROSS ROCK ¼ TURN RIGHT, FULL TURN RIGHT, SWEEP SAILOR ¼ TURN

1&2 Cross rock left over right, recover weight to right, step left to left side
3&4 Cross rock right over left, recover weight to left, make a ¼ turn right stepping right forward
5&6 Step forward on left, make a ½ turn right, continue round making a further ½ turn right stepping left foot back
7&8 Sweep right foot out, round and behind left, while making a ¼ turn right, step weight on to right, step left to left side, step right slightly forward

REPEAT