

Stop, Look & Listen!

拍數: 64 牆數: 4 級數:
編舞者: Peter Metelnick (UK) & Alison Metelnick (UK)
音樂: Rubberneckin' (2003 Remix) - Elvis Presley



RIGHT KNEE ROLL WITH TOUCHES, RIGHT SIDE LUNGE, RIGHT ROCK BACK & RECOVER, RIGHT FORWARD SHUFFLE

1-2 Touch right toes in to left instep turning right knee in, turning right knee out touch right toes out
3-6 Lunge right to right side, recover weight on left, rock right back, recover weight on left
7&8 Step right forward, step left together, step right forward

LEFT KNEE ROLL WITH TOUCHES, LEFT SIDE LUNGE, LEFT ROCK BACK & RECOVER, LEFT FORWARD SHUFFLE

1-2 Touch left toes in to right instep turning left knee in, turning left knee out touch left toes out
3-6 Lunge left to left side, recover weight on right, rock left back, recover weight on right
7&8 Step left forward, step right together, step left forward

RIGHT FORWARD & BACK ROCK STEPS, RIGHT TO RIGHT SIDE, ½ LEFT & LEFT TO LEFT SIDE, RIGHT CROSSING SHUFFLE

1-4 Rock right forward, recover weight on left, rock right back, recover weight on left
5-6 Step right to right side, turning ½ left step left to left side
7&8 Cross step right over left, step left to left side, cross step right over left

LEFT FORWARD & BACK ROCK STEPS, LEFT CROSS STEP, ¼ LEFT & RIGHT BACK, ¼ LEFT & LEFT SIDE SHUFFLE

1-4 Rock left forward, recover weight on right, rock left back, recover weight on right
5-6 Cross step left over right, turning ¼ left step right back
7&8 Turning ¼ left step left to left side, step right together, step left to left side

FORWARD RIGHT TOUCH, ¼ RIGHT & RIGHT TOUCH, RIGHT KICK BALL STEP, WALK 2, RIGHT FORWARD COASTER STEP

1-2 Touch right toes forward, turning ¼ right on left foot touch right toes forward
3&4 Kick right forward, step right together, step left forward
5-6 Step right forward, step left forward
7&8 Step right forward, step left together, step right back

LEFT TOES BACK, UNWIND ½ LEFT, RIGHT FORWARD SHUFFLE, LEFT FORWARD ROCK & RECOVER, LEFT TOES BACK, ¼ LEFT TURN

1-2 Touch left toes back, unwind ½ left ending with left forward
3&4 Step right forward, step left together, step right forward
5-6 Rock left forward, recover weight on right
7&8 Touch left toes back, pivot ¼ left with weight ending on left

WEAVE LEFT 2, RIGHT SAILOR HEEL, RIGHT BACK, LEFT CROSS STRUT, RIGHT SIDE STRUT

1-2 Cross step right over left, step left to left side
3&4 Cross right behind, step left to left, touch right heel forward
&5-6 Step right back, cross touch left toes over right, drop left heel down
7-8 Touch right toes to right side, drop right heel down

½ LEFT & LEFT SIDE STRUT, ¼ LEFT & RIGHT FORWARD STRUT, LEFT FORWARD, ½ RIGHT PIVOT TURN, LEFT FORWARD SHUFFLE

1-2 Turning $\frac{1}{2}$ left touch left toes to left side, drop left heel down
3-6 Turning $\frac{1}{4}$ left touch right toes forward, drop right heel down, step left forward, pivot $\frac{1}{2}$ right
7&8 Step right forward, step left together, step right forward

REPEAT

ENDING

On the 7th & final wall of the dance to end facing front wall, dance as far as count 56 then turn your LEFT knee in & strike your best Elvis pose.
