

Stuck

拍數: 40 牆數: 4 級數:
編舞者: Jackie Miranda (USA)
音樂: Stuck - Stacie Orrico



Quick Start: Begin dance immediately after she sings "I" with the first beat of music

WALK FORWARD, STEP LOCK FORWARD, SYNCOPATED SIDE POINTS, TOUCH HEEL FORWARD, TOUCH TOE BACK

- 1-2 Walk forward right, left
- 3-4 Step lock forward right, left, right
- 5&6 Touch left toe to left side, step left next to right, touch right to right side
- 8&7&8 Step right next to left, touch left heel forward, step left next to right, touch right toe back

½ TURN RIGHT, WALK FORWARD, STEP OUT, HITCH KNEE IN, CROSS OVER TOE TOUCHES, STEP DOWN

- 1-2 Make a ½ turn right as you step down on right, step forward on left
- 3 Step right out to right side (feet are now apart) while making a circular motion with arms bringing hands to lower hips
- 4 Bring right leg in next to left as you hitch right knee and slide hands up sides as you pop both shoulders up
- 5-6 Cross right over left as you touch right toe over left and angle body to left, step down on right (weight is on right)
- 7-8 As you angle body to right cross touch left over right, step down on left (weight on left) and straighten to face forward

STEP FORWARD, ¼ TURN LEFT, CROSS, FULL TURN RIGHT, BACK MODIFIED SAILOR STEP, ¼ TURN LEFT

- 1&2 Step forward on right, turn ¼ left, cross right over left
- 3&4 Make a full turn over right shoulder by turning ¼ right stepping back on left, ½ turn right, ¼ turn right (weight ends on left)
- 5&6 Step right back angling body to right side, recover on left, step right to right side (styling: bring right shoulder up and lower left shoulder, then alternate for counts 5&6)
- 7&8 Step left back and angle body to left side, recover on right, step left into ¼ turn left (continue to move shoulders up and down)

STEP FORWARD, ½ TURN LEFT WITH HITCH, STEP LOCK FORWARD; REPEAT

- 1-2 Step forward on right, turn ½ turn left as you lean back and hitch left knee weight is back on right
- 3&4 Step lock forward left, right, left
- 5-6 Repeat counts 1-2 above
- 7&8 Repeat steps 3&4 above

HIP ROLLS LEFT, HIP ROLLS RIGHT INTO ¼ TURN RIGHT, HIP BUMPS RIGHT, HIP BUMPS LEFT

- 1&2 Step right to right side and begin to roll hips counter to the right to left for 2 counts, weight ends on right as left knee rolls out
- 3&4 Roll hips to the right to right side into a ¼ turn right weight ends on left with right toe slightly touching forward
- 5&6 Bump hips to right for two counts (weight ends on right) styling for arms: push hands and arms downward to right side
- 7&8 Bump hips to left for two counts (weight ends on left) styling for arms: push hands and arms downward to left side

REPEAT

RESTART

The 4th time through, dance through count 20 to end up facing the 12:00 wall (front wall) to restart the dance from the beginning
