Stuck With You



拍數: 0 牆數: 0 級數:

編舞者: Cee Jay

音樂: Stuck In the Middle With You - Louise



Sequence: AA B AAA B AA

PART A

HEEL JACKS, 1/4 PIVOT LEFT TWICE

Step right back, jack left heel, recover left, step right next to left
Step left back, jack right heel, recover right, step left next to right
Step right forward pivot ¼ left, step right forward pivot ¼ left

CROSS POINT, CROSS POINT, ROCK RECOVER, TRIPLE 1/2 TURN

1-4 Step right across left, point left, step left across right, point right 5-8 Rock forward right, recover onto left, triple ½ turn to right

ROCK RECOVER, COASTER STEP, 1/4 PIVOT LEFT TWICE

1-2-3&4 Rock forward left, recover onto right, step left back, step right next to left, step left forward

(coaster)

5-8 Step right forward pivot ¼ left, step right forward pivot ¼ left

BEHIND SIDE CROSS, POINT, HOLD, DOWN UP TWICE

1&2-3-4 Step right behind left, step left to left, step right across left, point left to left, hold

5-8 Roll body (up down, up down) facing 4:00

BALL CROSS, SWING LEFT OVER RIGHT, LARGE SIDE STEP & DRAG

&1-4 Left behind ball, cross right over left, swing left out & forward across right (counts 2-3-4)

5-8 Right step large step right, drag left and touch

OUT IN, OUT IN (ARMS FORWARD &BACK) TWICE

&1&2 Left out, right out, left in, right in (arms pump down at side of body)

3-4 (Feet don't move) arms punch forward and back in

Left out, right out, left in, right in (arms pump down at side of body)

7-8 (Feet don't move) arms punch forward and back in

PART B

LARGE STEP FORWARD, BALL STEP, HOLD TWICE

1-2 Right makes large step forward

&3-4 Left ball, right step, hold
5-6 Left makes large step forward
&7-8 Right ball, left step, hold

SWAY SHOULDER RIGHT LEFT, RIGHT LEFT RIGHT

1-4 Step right to right side as you sway shoulder right, left

5-8 Sway shoulders right left right (hold)

LARGE STEP BACK, BALL STEP, HOLD TWICE

1-2 Left makes large step back

&3-4 Right ball (behind left), left step, hold

5-6 Right makes large step back

&7-8 Left ball (behind right), right step, hold

STEP, CROSS, UNWIND 1/2 TURN LEFT, BUMP RIGHT, RIGHT, LEFT, LEFT

&1-2 Step onto left, cross right over left, hold

3-4 Unwind ½ turn left

5-8 Bump hips right, right, left, left

STEP, CROSS, UNWIND 1/2 TURN RIGHT, BUMP LEFT, LEFT, RIGHT, RIGHT

&1-2 Step onto right, cross left over right, hold

3-4 Unwind ½ turn right

5-8 Bump hips left, left, right, right

ROLLING VINES TO LEFT AND RIGHT

1-4 Step left right left completing a full turn traveling left, touch right next to left

5-8 Step right left right completing a full turn traveling right, step onto left

MAMBO FORWARD, MAMBO BACK, 1/2 PIVOT TWICE

Step right forward, step left next to right, step right in place

Step left back, step right next to left, step left in place

5-8 Step right forward, pivot ½ turn to left, step right forward, pivot ½ turn left