

拍數: 32 牆數: 4 級數: Beginner
 編舞者: Sebastiaan Holtland (NL) - November 2010
 音樂: Stuck - Caro Emerald : (New single 2010)



Intro: 32 Counts (17 Sec)

[&1-8] Kick & Touch Fwd, Hip Bumps Back, Replace, Kick & Step, 1/2 Turn, Bounce x4

1&2	Kick forward on Rf, step Rf back in place, touch Lf forward holding weight onto Rf (12:00)
&3&4	Bump hips forward, Bump hips back, center, bump hips back holding weight onto Rf
&5&6	Step Lf back in place, kick forward on Rf, step Rf back in place, step forward on Lf
7&8	Making a 1/4 turn to right (3) bounce both heels 1 time, continue a 1/8 turn right bounce both heels 1 time, continue a 1/8 turn right bounce both heels 1 time ending weight onto Lf (6:00)

Option: When you dance the steps 7&8 you can move both shoulders up & down

[9-16] Coaster step R, Lock Step Fwd, Cross Mambo R, 1/4 Turn R, Side, Cross Mambo L

1&2	Step Rf back, step Lf beside Rf, step forward on Rf weight onto Rf (6:00)
3&4	Step forward on Lf, lock Rf behind Lf, step forward on Lf
5&6	Cross Rf over Lf, recover on Lf, making a 1/4 turn to right (9) step Rf to the right
7&8	Cross Lf over Rf, recover Rf, Lf next to Rf (9:00) ## Restart ##

Restart Here WALL 5 after 16 count (facing 9 o'clock)

[17-24] Lock steps On R Diag, Lock step on L Diag, Lock steps On R Diag' Lock step Fwd

1&2 Step Rf diagonal forward, lock Lf behind Rf, step Rf diagonal forward (lock step on R diag)
3&4 Step Lf diagonal forward, lock Rf behind Lf, step Lf diagonal forward (lock step on L diag)
5&6 Step Rf diagonal forward, lock Lf behind Rf, step Rf diagonal forward (lock step on R diag)
7&8 Step Lf forward, lock Rf behind Lf, step Lf forward (lock step)(9:00)

When you dance the steps 17 t/m 24 make fists with both arms, and make rolling movements with both arms around each other

[25-32] Cross, 1/4 Turn R, Back, Side, Fwd, 1/2 pivot L, 3/4 Turn L, Side

1-2	Cross Rf over Lf, making a 1/4 turn to right (12) stepping back on Lf
3-4	Step Rf to the right, step forward on Lf
5-6	Step forward on Rf, making a 1/2 turn to left (6) take weight onto Lf
7-8	Making a 1/2 turn to left (12:00) step back on Rf, continue a 1/4 turn to left (9:00) step Lf to the left

Start again and have fun!

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