

You Better Stop

拍數: 32 牆數: 2 級數: Advanced
編舞者: Steve Rutter (UK) & Claire Butterworth (UK) - July 2011
音樂: Stop - Jamelia : (Bridget Jones - The Edge Of Reason, Soundtrack)



(16 Count Intro', starting on word "Given").

NOTE: The Dance Does Not Phrase Correctly With The Sam Brown Version.

Section 1- Sway, 1 ¼ Turn Left, Sweep, Cross, Back Step, Side Step, Cross Rock, Side Step, Cross, Sweep, Cross, Back Step, Side Step.

- 1 Sway right to right side
- 2&a Make a quarter turn left stepping left forward, make a half turn left stepping back on right, make a half turn left stepping forward on left.
- 3 Sweep right foot around from back to front.
- 4&a Cross right over left, step back on left, step right to right side.
- 5 Cross rock left over right,
- 6&a Recover weight onto right, step left to left side, cross right over left.
- 7 Sweep left foot around from back to front.
- 8&a Cross left over right, step back on right, step left to left side.

Section 2- Cross Rock, Side Step, Cross, Unwind Full Turn Right With Sweep, Weave, Sway, Cross, Side Step, Sway, Cross, ¼ Turn Left.

- 1 Cross rock right over left.
- 2&a Recover weight onto left, step right to right side, cross left over right.
- 3 Unwind a full turn right sweeping right around from front to back on completion of turn.
- 4&a Cross right behind left, Step left to left side, Cross right over left.
- 5 Step left to left side swaying hips left.
- 6&a Recover weight onto right, cross left over right, step right to right side.
- 7 Step left to left side swaying hips left.
- 8&a Recover weight onto right, cross left over right, make a quarter turn left stepping back onto right.

Section 3- ¼ Turn Left, Weave, Hip Sways (With Attitude), Coaster Step, Step Forward, Step Forward, Pivot ½ Turn Right, Step Forward.

- 1 Make a quarter turn left stepping left a large step to left side, dragging right towards left.
 - 2&a Cross right over left, step left to left side, cross right behind left.
- Tag: When dancing Wall 6 hold here for 3 counts, and then continue rest of dance.**
- 3-4 Step left to left side swaying hips left, sway hips right.
 - &5 Sway hips left, sway hips right.
 - 6&a Step back on left, step right beside left, step forward on left.
 - 7 Step forward on right.
 - 8&a Step forward on left, pivot a half turn Right, Step forward on left.

Section 4- Spiral Full Turn Left, Shuffle ¼ Turn left (In A Curve), Prissy Walks, Side Rock & Cross, Side Step, Weave.

- 1 Step Forward on right and spin a full turn left, hitching left knee.
 - 2&a Make an eighth turn left stepping forward on left, close right beside left, make an eighth turn left stepping forward on left.
 - 3-5 Cross right over left, Cross left over right, cross right over left.
 - 6&a Rock left to left side, recover weight onto right, cross left over right
- Restart: When Dancing Wall 2, restart dance here.**
- 7 Step right large step to right side dragging left up towards right.
 - 8&a Cross left behind right, Step right to right side, cross left over right.

Restart & Tag.

When dancing wall 2 Dance 30 counts of dance only then restart dance.

When dancing wall 6 dance up to counts 16&a, then add a 3 count hold before continuing with rest of dance.

Enjoy!
