

拍數: 64                      牆數: 4                      級數: Intermediate  
 編舞者: Tony Myers (UK) - September 2011  
 音樂: Stop and Stare - OneRepublic



### Intro 16 Counts - Sequence 64, 64, 56, 64, 64

#### Rock, Recover: Kick, Cross, Rock Back: Recover, Turn Point: Cross, Turn, Turn

1, 2                      Rock left to side (1) Recover on right (2)  
 3&4                      Kick left forward (3) Cross left over right (&) Rock back on right (4)  
 5, 6                      Recover on left (5) Turn ¼ left on ball of left & point right to side (6) (9:00)  
 7&8                      Cross right over left (7) Turn ¼ right stepping back on left (&) Turn ½ right stepping forward on right (8) (6:00)

#### Out Left, Right: In, Together, Forward: Scuff, Step Back: Back, Back, Turn

1, 2                      Step forward and out on left (1) Step forward and out on left (2)  
 3&4                      Step left in to centre (3) Step right to centre (&) Step left forward (4)  
 5, 6                      Scuff right forward (5) Step back on right (6)  
 7&8                      Run back on left (7) Run back on right (&) Turn ½ left stepping forward on left (8) (12:00)

#### Turn, Point, Turn Step: Rock Behind, Recover, Side: & Side, Rock, Recover: Side Chasse

1, 2                      Prep upper body by turning slightly left while pointing right to side (1) Turn ¾ right on ball of left, step forward on right (2) (9:00)  
 3&4                      Rock left behind right (3) Recover on right (&) Step left to side (4)  
 &5,6,7                      Step right with left (&) Step left to side (5) Rock right behind left (6) Recover on left (7)  
 8&1                      Step right to side (7) Step left with right (&) Step right to side (8)

#### Rock, Recover: & Rock, Recover: & Cross, Point: Mambo Turn

2,3                      Rock forward on left (2) Recover on right (3)  
 &4, 5                      Step left to right (&) Rock forward on right (4) Recover on left (5)  
 &6, 7                      Step right next to left (&) Cross left over right (6) Point right to side (7)  
 8&1                      Rock forward on right (7) Recover on left (&) Turn ½ right stepping forward on right (1) (3:00)

#### Step, Sailor ¼ Turn: Step, Turn, Step: Turn, Step Together

2                      Step forward on left (2)  
 3&4                      Step right behind left (3) Turn ¼ right stepping left back (&) Step right to side (4) (6:00)  
 5&6                      Step forward on left (5) Pivot ½ turn right (&) Step forward on left (6) (12:00)  
 7,8                      Turn ½ left stepping back on right (7) Step left with right (8) (6:00)

#### Pop Knee, Out, In: Toes, Heel, Turn: Cross Shuffle: ¾ Turn

1, 2                      Pop right knee to side (1) Pop right knee to centre (2) (no weight on left)  
 3&4                      Swivel left toes to left (3) Swivel left heel to left (&) Swivel left toes turning ¼ left (4) (3:00)  
 5&6                      Cross right over left (5) Step left to side (&) Cross right over left (6)  
 7,8                      Turn ¼ right stepping back on left (7) Turn ½ right step forward on right (8) (12:00)

#### Rock & Cross: Point, Cross, Unwind: Step, Lock, Step Back

1&2                      Rock left to side (1) Recover on right (&) Cross left over right (2)  
 3,4,5                      Point right to side (3) Cross right over left (4) Unwind ½ turn left, weight on right (5) (6:00)  
 6&7                      Step back on left (6) Cross right over left (&) Step back on left (7)  
 8                      Cross right over left (8) #

#### Cross: Rock Back, Recover: Rock & Kick: Sailor Turn: Step

1,2                      Rock back on left (1) Recover on right (2)

3&4            Rock forward on left (3) Recover back on right (&) Kick left forward (low kick) (4)  
5&6            Step left behind right (5) Turn  $\frac{1}{4}$  left stepping right to side (&) Step left to side (6) (3:00)  
7,8            Step forward on right (7) Hold (8)

**# Restart here on wall 3. Alter count 8 to a  $\frac{1}{2}$  turn right stepping forward on right . Now facing back wall, start from beginning.**

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