

Stop

拍數: 32 牆數: 4 級數: Intermediate / Advanced
編舞者: Alice Lim (SG) - October 2011
音樂: Stop - Jamelia



Introduction : 16 counts. Start on the word "given" in the 1st line of vocals

S1: Fwd, Cross-Back-Back-Sweep, Behind-Side-Cross-Hitch, Cross Shuffle-¼ Turn, ¼ Turn-Side-Cross

1 Step R fwd sweeping L from back to front
2&a3 Cross L over R, Step R back, Step L back, Sweep R from front to back
4&a5 Step R behind, Step L to side, Cross R over L, Hitch L knee over R
6&a7 Step L over R, Step R to side, Step L over R, ¼ turn L step R back
8&a ¼ turn L rock L to L side, Recover on R, Cross L over R

S2: Side, Behind-Recover-Fwd-Spiral turn, Run-Run-Run-Turn, Back-Back-Turn-Fwd, ½ Turn- ½ Turn-Fwd

1 Big step to R side dragging L
2&a3 Step L behind R, Recover on R turning 1/8 turn L, Step L fwd, Step R fwd and quickly spiral full turn L (4.30)
4&a5 Run small steps fwd LRL, 1/8 turn L big step R to R side dragging L (3.00)
6&a7 1/8 turn L step L back, Step R back, 1/8 turn L step L to side, Step R fwd (12.00)
8&a ½ turn R step L back, ½ turn R step R fwd, Step L fwd

S3: Tap, R Rolling Full Turn-Kick, L Rolling Full Turn-Point, Cross-Rock-Turn-Fwd, Back- ½ Turn-Step

1 Tap R next to L
2&a ¼ turn R step R fwd, ½ turn R step L back, ¼ turn R step R to side **
3 Low kick L fwd to R diagonal
4&a5 ¼ turn L step L fwd, ½ turn L step R back, ¼ turn L step L to side, Point R out to R side
6&a7 Cross R over L, Recover on L, ¼ turn R step R fwd, Rock L fwd (3.00)
8&a Step R back, ½ turn R step L fwd, Step R slightly fwd (9.00)

S4: Side, Behind-Recover- ¼ Turn- ¼ Turn, Cross-Rock- ¼ Turn-Sweeping Turn, Sway-Sway-Step-Fwd, Fwd- ½ Turn-Fwd

1 Big step L to L side dragging R
2&a3 Step R behind L, Recover on L, ¼ turn R step R fwd, ¼ turn R big step L to L side (3.00)
4&a5 Cross R over L, Recover on L, ¼ turn R step fwd on R, Sweep L to tap beside R making ¼ turn R (wt on R) (9.00)
6&a Step L to side swaying hips L, Sway hips R, Step L together *
7 Step R fwd
8&a Step L fwd, ½ turn R step R fwd, Step L fwd (3.00)

Start again

* Restart: On wall 2 (3.00 wall), dance until counts 6&a of section 4, then restart facing FW

** Bridge: On wall 6 (9.00 wall), dance until counts 2&a of section 3, then Hold for 3 counts before continuing the dance from count 3 (low kick L fwd to R diagonal).
For styling cross arms over chest during the 3 counts of Hold.

Contact - Email: limalice12@gmail.com