

# Stuck in Nowhere

COPPER KNOB  
STEP SHEETS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Ines Maaß (DE) - October 2011  
音樂: Stuck - Caro Emerald : (4:33)



## Intro 32 Counts.

### Kick Ball Step 2 x, Rock Forward 2 x with Hip Bumps

1 & 2      kick RF forward, step right Ball next to LF, step forward LF,  
3 & 4      repeat 1 & 2,  
5 – 6      rock RF forward and sway hip forward, recover on LF and sway hip back,  
7 – 8      repeat 5 – 6,

### Step Lock Step Back R/L, Rock Back 2 x with Hip Bumps

1 & 2      step back on RF, lock LF in front of RF, step back on RF,  
3 & 4      step back on LF, lock RF in front of LF, step back on LF,  
5 – 6      rock RF back and sway hip back, recover on LF and sway hip forward,  
7 – 8      repeat 5 – 6,

### Chassé R, Cross Rock, Chassé L, Cross Rock

1 & 2      step RF to right side, step LF next to RF, step RF to right side,  
3 – 4      rock LF across RF, recover on LF,  
5 & 6      step LF to left side, step RF next to LF, step LF to left side,  
7 – 8      rock RF across LF, recover on LF,

### Heel Switches, Shuffle Forward, Step ½ Turn R, Heel Switches

1&2&      touch right heel forward, step RF next to LF, touch left heel forward, step LF next to RF,  
3 & 4      step RF forward, step LF to RF, step RF forward,  
5 – 6      step LF forward, make ½ turn right and take weight on RF,  
7&8&      touch left heel forward, step LF next to RF, touch right heel forward, step RF next to LF,

### Shuffle Forward, Step ¼ Turn L, Step ½ Turn L, Side Rock Cross

1 & 2      step LF forward, step RF to LF, step LF forward,  
3 – 4      step RF forward, make ¼ turn left and take weight on LF,  
5 – 6      step RF forward, make ½ turn left and take weight on LF,  
7 & 8      rock RF to right side, recover on LF, cross RF over LF,

### Heel Ball Cross 2 x, Side Rock, Cross Shuffle

1 & 2      touch left heel diagonally left forward, step left ball next to RF, cross RF over LF,  
3 & 4      repeat 1 & 2,  
5 – 6      rock LF to left side, recover on RF,  
7 & 8      cross LF over RF, step RF to right side, cross LF over RF,

### Monterey ½ Turn, Rock Forward & Rock Forward

1 – 4      point right toes to right, make ½ turn right on LF and step RF next to LF, point left toes to left,  
step LF next to RF,  
5 – 6      rock RF forward, recover on LF,  
&      step RF next to LF,  
7 – 8      rock LF forward, recover on RF,

### Sailor Step, Point Across, Point Side, Jazz Box Cross

1 & 2      cross LF behind RF, step RF to right side, step LF to left side,  
3 – 4      point right toes across LF, point right toes to right side,

5 – 8                    cross RF over LF, step back on LF, step RF to right side, cross LF over RF.

**Start dance from the beginning.**

**Restarts**

**During wall 4 (9 h) restart after 16 counts.**

**During wall 7 Runde (12 h) restart after 48 Count.**

**Ending: You will end on 12 h with the Cross Shuffle (Counts 47 & 48. Point right toes to side and pose.**

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