

# Stop Me

**Count:** 32

**Wall:** 4

**Level:** Improver

**Choreographer:** Hazel Pace (UK) - April 2018

**Music:** Stop Me (If You've Heard It All Before) - Billy Ocean



---

## Intro: 40 Counts

### [1 – 8] Rock Recover, Crossing Shuffle, 1/4 Right, Side, Cross Touch.

- 1 – 2            Rock right to right side, recover on left.
- 3 & 4           Cross right over left, left to left side, cross right over left.
- 5 – 6           Make 1/4 turn right stepping back on left, right to right side. (3.00).
- 7 – 8           Cross left over right, touch right to right side. (Option – Can sweep instead of touch).

### [9 – 16] Cross Side Behind 1/4 Left, Step 1/2 Pivot Left X 2 (Option, Rocking Chair).

- 1 – 2           Cross right over left, left to left side.
- 3 – 4           Cross right behind left, make 1/4 turn left on left. (12.00).
- 5 – 6           Step forward on right, 1/2 pivot turn left.
- 7 – 8           Step forward on right, 1/2 pivot turn left. (12.00).

(Option for counts 5 – 8, Rocking chair).

### [17 – 24] Rock Forward Recover, Back on Right – Left, Flick Right, Clap.

- 1 – 2           Rock forward on right, recover on left.
- &3-4           Step back on right, step back on left, small kick forward with right, CLAP.
- 5 – 6           Rock back on right, recover on left.
- 7 & 8           Triple 1/2 turn left on right, left, right. (6.00).

### [25 – 32] Rock Back Recover, 3/4 Turn Right, Cross Side, Cross Side Cross.

- 1 – 2           Rock back on left, recover on right.
- 3 – 4           Make 1/2 turn right stepping back on left, make 1/4 right stepping right to right side. (3.00).
- 5 – 6           Cross left over right, right to right side.
- 7 & 8           Cross left over right, right to right side, cross left over right.

**TAG:** One 8 count Tag at the end of 6th sequence

– 4 step paddles making 1/2 turn left to face 12 o'clock.

Email – [hazel.pace@sky.com](mailto:hazel.pace@sky.com) - [www.hazelandrolys.com](http://www.hazelandrolys.com) - Mobile 07807 914674

---