

# Stop The Clock

Count: 32

Wall: 4

Level: Improver contra dance

Choreographer: Dave Fife (UK)

Music: The Heart Stops The Clock - James Bonamy



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## SYNCOATED JUMPS, & OUT CLAP, & IN CLAP, KICKBALL STEP, UNWIND $\frac{3}{4}$ TURN RIGHT

- &1-2            Jump feet apart (right left), hold & clap
- &3-4            Jump feet together (right left), hold & clap
- 5&6            Kick right foot forward, step in place on ball of right foot with weight on right, step left foot slightly forward
- 7-8            Cross right behind left, unwind  $\frac{3}{4}$  turn light (weight on right)

## CHASSE LEFT, ROCK BACK, CHASSE RIGHT, ROCK BACK & TURN

- 1&2            Step left to left side, close right beside left, step left to left side
- 3-4            Step right foot behind left, rock forward onto left
- 5&6            Step right to right side, close left beside right, step right to right side
- 7-8            On ball of right make  $\frac{1}{4}$  turn left rocking back onto left, rock forward onto right

## STEP TOUCH, STEP TOUCH, CROSS $\frac{1}{4}$ TURN, $\frac{1}{2}$ TURNING SHUFFLE

- 1-2            Step forward on left, touch right to right side
- 3-4            Step forward on right, touch left to left side
- 5-6            Cross left over right, on ball of left foot make  $\frac{1}{4}$  turn left as you step back onto right foot
- 7&8            Step back on left turning  $\frac{1}{4}$  turn left, close right beside left, step left  $\frac{1}{4}$  turn left

## STEP PIVOT $\frac{1}{2}$ TURN, RIGHT SHUFFLE FORWARD, FULL TURN, LEFT SHUFFLE FORWARD

- 1-2            Step forward on right, pivot  $\frac{1}{2}$  turn left
- 3&4            Step forward on right, close left beside right, step forward on right
- 5-6            On ball of right make  $\frac{1}{2}$  turn right stepping back on left, on ball of left make  $\frac{1}{2}$  turn right stepping forward onto right
- 7&8            Step forward on left, close right beside left, step forward on left

## REPEAT

## TAG

When using the James Bonamy track the music slows down at the beginning of wall 8, as you approach the end of section 1 following the kickball change. Cross right behind left slowly unwind  $\frac{3}{4}$  turn & pause slightly. Pick up the dance again where you left off when he sings the word clock

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