

Stop For 2 (P)

拍数: 32 墙数: 0 级数: Improver (Partner)
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音乐: Stop - Nolan Sotillo



Starting position Right open promenade

[1-8] M&W: ¼ Turn Rock Side, Recover Kick, Behind Side Cross, Side, Sailor Step, Behind

1-2 M: ¼ turn right LF to left – return on RF with kick LF diagonal

W: ¼ turn left RF to right – return on LF with kick RF diagonal

Palm to palm and then take a double hand hold position

3&4 M: LF behind – RF to right – LF cross in front

W: RF behind – LF to left – RF cross in front

5 M: RF to right

W: LF to left

6&7 M: LF cross behind – RF to right – LF to left

W: RF cross behind – LF to left – RF to right

8 M: RF cross behind

W: LF cross behind

[9-16] M: Step Fwd, ¼ Turn Step Fwd, Step Fwd, ¼ Turn Side, Behind Side Cross, Rock Step Diagonal, Recover

W: Side, Step Fwd, ¼ Turn Step Fwd, ¼ Turn Side, Behind Side Cross, Rock Step Diagonal, Recover

1-2 M: LF in front – ¼ turn to left RF in front

W: RF to right – LF in front

Leave the left hand and pass the partner's right hand over the head

3-4 M: LF in front PG devant – ¼ turn to left RF to right

W: ¼ turn to right RF in front – ¼ turn to right LF to left

5&6 M: LF cross behind – RF to right – LF cross in front

W: RF cross behind – LF to left – RF cross in front

Take a double hand hold position facing each other

7-8 M: 1/8 turn to right RF diagonal in front (in centre) – return on LF

W: 1/8 turn to left LF diagonal in front (in centre) – return On RF

[17-24] M&W: 1/8 Rock Back, Step Lock Step, Step Fwd, ½ Turn Back, Back Lock Back

1-2 M: 1/8 turn to right RF behind – return on LF

W: 1/8 turn to left LF behind – return on RF

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Leave your partner's left hand

3&4 M: RF in front – LF cross behind (lock) – RF in front

W: LF in front – RF cross behind (lock) – LF in front

5-6 M: LF in front – ½ turn to left RF behind

W: RF in front – ½ turn to right LF behind

7&8 M: LF behind – RF cross in front (lock) – LF behind

W: RF behind – LF cross in front (lock) – RF behind

Leave your partner's right hand, take her left hand

[25-32] M: ¼ Turn Step Fwd, ¼ Turn Step Fwd, Shuffle Fwd, (Step ½ Turn) x 2

W: ½ Turn L, ½ Turn L, Shuffle Back, Rock Back, Step, ½ Turn

1-2 M: ¼ turn to right RF in front – ¼ turn to right LF in front

W: ½ turn to left LF in front – ½ turn to left RF behind

Pass your left hand over your head

3&4 M: Shuffle fwd R, L, R

W: Shuffle back L, R, L

5-6-7-8 M: LF in front – $\frac{1}{2}$ turn to right – LF in front – $\frac{1}{2}$ turn to right
W: RF behind – return on LF – RF in front – $\frac{1}{2}$ turn to left
Leave your left hand, take your right hand and return to the starting position
Start from the beginning

TAG counts 4 & restart: On the 3rd and 7th routine, do the first 20 counts and then do the following steps.
1-4 M: $\frac{1}{4}$ turn left LF forward – $\frac{1}{4}$ turn left RF to right – $\frac{1}{2}$ turn left LF forward – RF forward
W: $\frac{1}{4}$ right RF forward – $\frac{1}{4}$ turn right LF forward – $\frac{1}{2}$ turn right weight on RF – LF forward

Start from the beginning
Leave hands during the tag
