

Stuck

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Kate Sala (UK) - January 2012
音乐: Stuck (Radio Mix) - Caro Emerald : (3:52)



Start after a 24 count intro.

Walk x 2, Jazz Box 1/4 Turn Right, Rock Forward, Recover.

- 1 2 Walk Forward On R, L.
- 3 4 5 6 Cross step R over L. Turn 1/4 right stepping back on L. Step R to right side. Step forward on L.
- 7 8 Rock forward on R. Rock back on L. (3 o'clock)

Full Turn Back, Rock Back, Recover, Turn 1/4 Left, Touch, Turn 1/4 Right, Kick Ball Cross.

- 1, 2 Turn 1/2 right stepping forward on R. Turn 1/2 right stepping back on L. (Option: walk back x 2)
- 3, 4 Rock back on R. Recover on to L.
- 5, 6 Turn 1/4 left stepping R to right side. Touch L next to R.
- 7, 8 & 1 Turn 1/4 right stepping back on L. Kick R forward. Step down on ball of R. Cross step L over R.

Long Step Right, Drag In Left, Ball Cross, Modified Weave Left.

- 2, 3 & 4 Take a long step right. Drag L in towards R. Step down on the ball of L. Cross step R over L.
- 5, 6 & 7 Step L to left side. Cross step R behind L. Step L to L side. Cross step R over L.
- 8 Step L to left side. *(Restart from here on wall 6)

Touch in, Out & Side Kick, Rock Forward, Rock Back, Step With Flick, Step Pivot 1/2 Turn Left.

- 1, 2 Touch R toe next to L instep, Touch R toe out to right side.
- 3 Step down on R & low kick L out to L side.
- 4, 5, 6 Rock forward on L. Rock back on R. Step forward on L flicking R foot back.
- 7, 8 Step forward on R. Pivot 1/2 turn left. (9 o'clock)

Shuffle Forward, Rock Step, Shuffle Back, Rock Step.

- 1 & 2 Step forward on R. Step L next to R. Step forward on R.
- 3, 4 Rock forward on L. Recover on to R.
- 5 & 6 Step back on L. Step R next to L. Step back on L.
- 7, 8 Rock back on R. Recover on to L.

Cross Rock, Recover, Step, Cross Rock, Recover, Step Left With 1/4 Turn Left, Step Pivot 3/4 Turn.

- 1, 2, 3 Cross rock R over L. Recover on to L. Step R to right side.
- 4, 5, 6 Cross rock L over R. Recover on to R. Turn 1/4 left stepping forward on L.
- 7, 8 Step forward on R. Pivot 3/4 left. (9 o'clock)

Chasse Right, Cross Back Rock, Recover, Reverse Full Turn Right, Drag Right In Ball Cross.

- 1 & 2 Step R to right side. Step L next to R. Step R to right side.
- 3, 4 Cross rock on L behind R. Recover on to R.
- 5, 6 Turn 1/4 right stepping back on L. Turn 1/2 right stepping forward on R.
- 7, 8 Turn 1/4 right stepping L to left side. Drag R in towards L. (9 o'clock)
- & 1 Step down on ball of R. Cross step L over R.

Alternative Option for counts 5 - 7: Step L. Cross step R behind L. Step L.

Step Right, Step Left Behind Right, Unwind 1/2 Turn, Heel Dig & Touch Back, Kick & Side Touch.

- 2, 3, 4 Step R to right side. Cross step L behind R. Unwind 1/2 turn left. (weight on L). (3 o'clock)

5 & 6 Dig R heel forward. Step R next to L. Touch L toe back.
7 & 8 Kick L forward. Step L next to R. Side touch R out to right side.

Start Again !

TAG: 8 Count Tag: End of wall 2. Facing the back wall.

Walk Forward x 2, Rock Forward, Recover, Full Turn Back, Rock Back, Recover.

1, 2 Walk forward on R, L.
3, 4 Rock forward on R. Recover on to L.
5, 6 Turn 1/2 right stepping forward on R. Turn 1/2 right stepping back on L.
(Alternative Option for counts 5,6: Walk back on R, L.)
7, 8 Rock back on R. Recover on to L.

Restart: During Wall 6, After 24 Counts. Restart the dance facing the back wall.

On count 24 step L down in place and NOT to the left side to restart the dance.

Last Revision - 17th February 2012
