

Stuck

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate / Advanced
编舞者: Rachael McEnaney (USA) & Joey Warren (USA) - October 2012
音乐: Stuck - Nessa Morgan : (Album: Sex And Poverty)



Count In: 16 counts from start of track. Approx 97bpm

Notes: There is 1 restart on 4th wall and a TAG/Restart on 9th wall.

[1 - 8] R funky hitch and touch, hip L, close L, R scissor step, ¼ turn, full turn R triple step.

- 1 & 2 Hitch right knee (1), bring right foot down (but don't touch) next to left (&), slide right leg out to right touching right toe to right side as you bend left knee (2) (styling: right hip is slightly lifted on count 2). 12.00
- 3 & Push hips left as you straighten knees (3), Transfer weight onto right as you step left next to right (&) 12.00
- 4 & 5 Step right to right side (4), step left next to right (&), cross right over left (5) 12.00
- 6 7 & 8 Make ¼ turn right as you step back on left (6), make ½ turn right stepping forward on right (7), step left next to right as you begin making ½ turn right (&) complete ½ turn stepping forward on right (8) 3.00

RESTART 4th wall starts facing 3.00, do first 8 counts of dance taking you to 6.00 wall, close left next to right on & then start again 6.00

[9 - 16] ¼ turn R ball cross, ¼ turn L x 2 with R side rock cross, weave, L sweep, behind L, R back scissor

- & 1 2 Make ¼ turn right stepping ball of left to left side (&), cross right over left (snap fingers R for style) (1), make ¼ turn left stepping forward on left 3.00
- 3 & 4 Make ¼ turn left as you rock right to right side (3), recover weight to left (&), cross right over left (4) 12.00
- & 5 6 Step left to left side (&), cross right behind left as you sweep left foot around (5), cross left behind right (6) 12.00
- 7 & 8 Step right to right side (7), step left next to right (&), cross right behind left (8) 12.00

TAG Tag happens here during the 9th wall....9th wall starts facing 6.00...See TAG below.

[17 - 24] L ball R cross, ¼ turn, ½ turn, ½ turn, rock fwd R, R back, L together, R cross shuffle

- & 1 2 Step ball of left to left side (&), cross right over left (1), make ¼ turn left stepping forward on left (2) 9.00
- 3 4 Make ½ turn left stepping back on right (3), make ½ turn left stepping forward on left (4) (styling: these 4 counts having a funky downwards pulse action) 9.00
- 5 & 6 & Rock forward on right (5), recover weight to left (&), step back on right (6), step left next to right (&) 9.00
- 7 & 8 Cross right over left (7), step left to left side (&), cross right over left (8) 9.00

[25 - 32] Step lock R, unwind full turn, L side rock cross, touch step R, touch step L, kick, behind, toe heel swivel

- & 1 2 Step left to left side (&), lock right behind left (1), unwind full turn to right (weight ends on right) (2) 9.00
- 3 & 4 Rock left to left side (3), recover weight to right (&), cross left over right (4) 9.00
- & 5 & 6 & Touch right next to left (&), step right to right side (5), touch left next to right (&), step left to left side (6), kick right to right diagonal (&) 9.00
- 7 & 8 & Cross right behind left (7), step left to left side (&), swivel right toe in towards left foot (8), swivel right heel in towards left foot (&) 9.00

START AGAIN – HAVE FUN

TAG: 9th wall begins facing 6.00. Do first 16 counts of dance then add 8 counts below....

- & Step ball of left to left side (&) 6.00

1 - 8

Making a full turn to LEFT in a big circle on floor as you walk for 8 counts leading with R foot, ending with weight on left facing 6.00 (as if you are walking around something on the floor – with attitude) 6.00 THEN RESTART

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