

Stay

拍數: 64 牆數: 1 級數: Improver
編舞者: Ray Metz (USA) - May 2020
音樂: Stay - The Four Seasons



Intro: 16 counts (start on lyrics) (no tags or restarts)

S1 DIAGONAL STEP TOUCHES, DIAGONAL SHUFFLE, TOUCH

1-2 step RF to right diagonal (1), touch LF next to RF (2)
3-4 step LF back left diagonal (3), touch RF next to LF (4)
5-7 step RF to right diagonal (5), step LF next to RF (6), step RF to right diagonal (7)
8 touch LF next to RF (8)

S2 DIAGONAL STEP TOUCHES, DIAGONAL SHUFFLE, TOUCH

1-2 step LF to left diagonal (1), touch RF next to LF (2)
3-4 step RF back right diagonal (3), touch LF next to RF (4)
5-7 step LF to left diagonal (5), step RF next to LF (6), step LF to right diagonal (7)
8 touch RF next to LF (8)

S3 ROCKING CHAIRS (2) TURNING LEFT TO FACE 3:00

1-4 rock RF forward to 10:30 (1), recover on LF (2)
 rock RF back to 7:30 (3), recover on LF (4)
5-8 rock RF forward to 4:30 (5), recover on LF (6)
 rock RF back to 3:00 (7), recover on LF (8)

S4 STROLL RIGHT ENDING WITH 1/4 LEFT TURN FACING 6:00

1-3 step RF to right (1), step LF behind RF (2), step RF 1/4 right to 6:00 (3)
4 step LF to left turning 1/4 right to 9:00 (4)
5-7 step RF behind LF (5), step LF side (6) step RF across LF (7)
8 step LF forward turning 1/4 left to 6:00 (8)

S5 FORWARD ROCK, COASTER STEP, PIVOT 1/2, PIVOT 1/4 TO FACE 3:00

1-2 rock RF forward (1), recover on LF (2)
3&4 step RF back (3), step LF next to RF (&), step RF forward (4)
5-6 step LF forward (5), pivot 1/2 onto RF to 12:00 (6)
7-8 step LF forward (7), pivot 1/4 onto RF to 3:00 (8)

S6 STROLL LEFT ENDING WITH 1/4 RIGHT TURN FACING 12:00

1-3 step LF to left (1), step RF behind LF (2), step LF 1/4 left to 12:00 (3)
4 step RF to right turning 1/4 right to 9:00 (4)
5-7 step LF behind RF (5), step RF side (6) step LF across RF (7)
8 step RF forward turning 1/4 right to 12:00 (8)

S7 FORWARD ROCK, TRIPLE 1/2, TRIPLE 1/2, ROCK BACK

1-2 rock LF forward (1), recover on RF (2)
3&4 step LF turning 1/4 left to 9:00 (3), step RF next to LF (&), step LF turning 1/4 left to 6:00 (4)
5&6 step RF turning 1/4 left to 3:00 (5), step LF next to RF (&), step RF turning 1/4 left to 12:00 (6)
7-8 rock LF back (7), recover on RF (8)

Optional: for less turns, replace steps 3-6 with 2 back shuffles

S8 STOMP, HOLD, KICK BALL CHANGE, SWAYS WITH ENDING FLICK

1-2 stomp LF forward (1), hold (2)

3&4 kick RF forward (3), step RF next to LF (&), recover weight to LF (4)

5-8 sway hips right (5), left (6), right (7), left flicking RF behind LF (8)

Optional: touch left hand to right foot as it flicks behind

To end dance after third iteration:

Continue alternating side step touches until music ends.
