

# Stuck

**COPPER KNOB**  
STEPPERS

拍數: 112      牆數: 1      級數: Phrased Intermediate  
編舞者: Joel Hoffman (USA) - February 2024  
音樂: Stuck - Thirty Seconds to Mars



#16-count intro to start on lyrics; Sequence: A,A,B,A,A,B,C,Tag,A(32),C,Tag

## Part "A" - 48 counts

### A[1-8] Forward Rt, Lt, Rt Mambo Forward and Back w/ Lt Sweep

- 1-4                Slow 2-count step fwd on Rt (1-2), Slow 2-count step fwd on Lt (3-4)  
5-8                Rock fwd Rt (5), recover weight back to Lt (6), step back with Rt starting Lt sweep (7), (8 in the sweep)

### A[9-16] Step Back Lt, Sweep, Behind-Side-Cross w/ Sweep, Cross, ¼ Turn L Step Back Rt

- 1-2                Step Lt foot back to Rt foot sweep (1), (2 in the sweep)  
3-6                Step Rt behind Lt (3), Step Lt to L (4), step Rt across Lt starting Lt sweep fwd (5) (6 in the sweep)  
7-8                Cross Lt over Rt (7), ¼ turn L, Rt steps back (8) (9:00)

**\*\* Note: A[17-32] mirrors A[1-16], but starting with Lt**

### A[17-24] ¼ Forward Left, Right, Left Mambo Forward and Back w/ Right Sweep

- 1-2                ¼ turn L, Slow 2-count step fwd on Lt (1-2) (6:00)  
3-4                Slow 2-count step fwd on Rt (3-4)  
5-8                Rock fwd with Lt (5), recover back to Rt (6), step back Lt starting Rt sweep fwd (7), (8 in the sweep)

### A[25-32] Step Back Rt, Sweep, Behind-Side-Cross w/ Sweep, Cross, ¼ Turn R Step Back Lt

- 1-2                Step Rt foot back starting Lt foot sweep (1), (2 in the sweep)  
3-6                Step Lt behind Rt (3), Step Rt to R (4), step Lt across R starting Rt sweep (5) (6 in the sweep)  
7-8                Cross Rt over Lt (7), ¼ turn R, Lt steps back (8) (9:00)

**\* On fifth repetition of "A," dance only the first 32 counts, then start "C" after ¼ R**

### A[33-40] ¼ R, Sways, Chasse' R, Sway R

- 1-4                ¼ turn R, Slow sway R (1-2), Slow sway L (3-4) (12:00)  
**\* Styling: hands criss-crossing in front of face as lyrics say "She's a Ghost"**  
5-8                Step Rt to R (5), Step Lt beside Rt (6), Step Rt to R (7), Sway R (8)

### A[41-48] Sways, Chasse' L, Drag

- 1-4                Slow Sway L (1-2), Slow Sway R (3-4)  
5-8                Step Lt to L (5), Step Rt beside Lt (6), Step Lt to L (7), Drag R (8)  
**\* Styling: at end of 2nd and 4th "A," don't drag ... get "STUCK"**

## Part "B" - 32 counts

### B[1-8] Stomps x 3, Clap, Rock-Recover-Cross, ¼ Lt fwd, ¼ Rt Side, Lt Together

- 1-4                Rt stomps 3 times, Clap  
5-7                Rock Rt to R (5), Recover Lt (6), Cross Rt over Lt (7)  
&&&                ¼ L step fwd Lt (&), ¼ L step Rt to R (8), close Lt to Rt (&) (6:00)

### B[9-16] Step Rt back, Rock Lt Recover Rt, Step Lt, Heel & Toe Syncopation

- 1-4                ¼ L Step Rt back (1), Rock back Lt (2), Recover Rt (3), Step fwd Lt (4) (3:00)  
5&6&7&8&        Rt Heel Front (5), Rt next to Lt (&), Lt toe taps back (6), Lt next to Rt (&), Rt heel front (7), Rt next to Lt (&), Lt heel front (8), Lt next to Rt (&)

**B[17-24] Rock Rt Recover, Behind ¼ L Step Lt, Step Rt, Rock Lt Recover, ½ Lt Shuffle**

- 1-2 Rt rock R (1), Recover Lt (2)  
3&4 Rt cross behind Lt (3), ¼ turn L - Lt step fwd (&), Rt step fwd (4) (12:00)  
5-6 Rock Lt forward (5), recover Rt (6)  
7&8 ½ turn L - Lt steps fwd (7), Rt steps next to Lt (&), Lt steps fwd (8) (6:00)

**B[25-32] ½ L Step Back Rt, Rock back Lt, Recover, Step Lt, Anchor R-L-R, Anchor Back L-R-L**

- 1-4 ½ turn L, Rt steps back (1), rock back Lt (2), Recover Rt (3), Step Lt Fwd (4) (12:00)  
5-6& Step fwd Rt (5), Lock Lt behind Rt (6), Step weight on Rt (&)  
7-8& Step Lt Back (7), Lock Rt behind Lt (8), Step weight on Lt (&)

**Part C - 32 counts****C[1-8] Stomps, Hip Bumps Rt x 2, Hip Bumps Lt x2, Hip Roll**

- 1-4 Stomp Rt (1), Stomp Lt [Shoulder width apart] (2), Bump Hips Rt x2 (3-4)  
5-8 Bump Hips Lt x2 (5-6), Clockwise Hip Roll (7-8)

**C[9-16] Step, Hitch, Step, Hitch, Pony Back x2**

- 1-4 Step Rt, hitch Lt foot across Rt shin, Step Lt, hitch Rt across Lt shin  
5&6 Step Rt back and hitch Lt (5), Lt ball together (&), Step Rt and hitch Lt (6)  
7&8 Step Lt back and hitch Rt (7), Rt Ball together (&), Step Lt and Hitch Rt (8)

**C[17-24] Out-Out, In-In, Rt Kick x2, Step and Lt Kick x2**

- 1-4 Stomps Rt - Lt: out - out (1-2), Stomps Rt - Lt: in - in (3-4)  
5-8 Kick Rt fwd x2 (5-6), Step Rt next to Lt (&), Kick Lt fwd x2 (7-8)

**C[25-32] Rock back - Recover, Walk Walk, V-Step and Hug**

- 1-4 Rock back on Lt (1), recover to Rt (2), Walk forward Lt (3) Rt (4)  
5-6 Step Lt fwd on L diagonal (5), Step Rt fwd on R diagonal (6)  
7-8 Step Lt back to middle (7), Step Rt back next to Lt (8)

**\* Styling at end of "C": wrap both arms around the body, head down, hold through Tag and End**

**Tag - 4 counts**

- 1-4 Hold arms around chest head down from end of "C"

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