

Stop It!

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Rob Fowler (ES)
音樂: Stop It! I Like It! - Rick Guard



8 Count Intro, start dance on vocals

SWITCH SIDE & SIDE & FORWARD & BACK, HIP BUMPS FORWARD, BACK, FORWARD-BACK-FORWARD

1&2& Touch right to right side, step right in place, touch left to left side, step left in place
3&4 Touch right toe forward, step right in place, touch left toe forward
5-6 Bump left hip forward, bump right hip back
7&8 Bump hip forward, back and forward (left-right-left)

ROCK STEP, 1 ¼ TURN SHUFFLE TO RIGHT, ROCK STEP, SIDE SHUFFLE

1-2 Rock forward right, rock back on left (turn head ¼ turn right)
3&4 Make 1 ¼ turn right shuffling right, left, right

Towards 6:00 wall, the back wall from beginning

5-6 Rock left over right, recover on right
7&8 Side shuffle left (left, right, left)

LEFT MAMBO CROSS ROCKS TWICE (WITH ¼ TURN RIGHT), ¾ TURN RIGHT, SHUFFLE RIGHT

1&2& Rock right over left, recover onto left, rock right to right side, recover onto left
3&4 Rock right over left, recover onto left, make ¼ turn to right stepping on right
5-6 Step forward left, make ¾ turn right (weight on left)
7&8 Right shuffle to right side

RIGHT MAMBO CROSS ROCKS TWICE (WITH ¼ TURN LEFT), STEP ½ TURN, LEFT COASTER STEP

1&2& Rock left over right, recover onto right, rock left to left side, recover onto right
3&4 Rock left over right, recover onto right, make ¼ turn to left stepping on left
5-6 Step forward right, make ½ turn left (weight back on right)
7&8 Left coaster step (left, right, left)

MAMBO TWINKLES TWICE, MAMBO ROCK STEP, BACK-TOGETHER-TURN

1&2 Cross right over left, step left next to right raising heels, make 1/8 turn to right (drop heels)
3&4 Cross left over right, step right next to left raising heels, make 1/8 turn to left (drop heels)
5&6 Rock forward right, recover onto left, right together
7&8 Step back left, step right together, make ¼ turn left crossing left over right

SIDE ROCK, BOX STEP, STEP ½ TURN TWICE

1-2 Rock right to right side, recover to left
3&4 Cross right over left, step back left, step right to right side
5-6 Step forward left, step forward right
7-8 Make ½ turn left, leaving left foot forward bring right to left making ½ turn left feet together

REPEAT