

**Count:** 64

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Tony Myers (England)

**Music:** Stop and Stare by One Republic

## **Intro 16 Counts - Sequence 64, 64, 56, 64, 64**

### **Rock, Recover: Kick, Cross, Rock Back: Recover, Turn Point: Cross, Turn, Turn**

- 1, 2** Rock left to side (1) Recover on right (2)
- 3&4** Kick left forward (3) Cross left over right (&) Rock back on right (4)
- 5, 6** Recover on left (5) Turn  $\frac{1}{4}$  left on ball of left & point right to side (6) (9:00)
- 7&8** Cross right over left (7) Turn  $\frac{1}{4}$  right stepping back on left (&) Turn  $\frac{1}{2}$  right stepping forward on right (8) (6:00)

### **Out Left, Right: In, Together, Forward: Scuff, Step Back: Back, Back, Turn**

- 1, 2** Step forward and out on left (1) Step forward and out on left (2)
- 3&4** Step left in to centre (3) Step right to centre (&) Step left forward (4)
- 5, 6** Scuff right forward (5) Step back on right (6)
- 7&8** Run back on left (7) Run back on right (&) Turn  $\frac{1}{2}$  left stepping forward on left (8) (12:00)

### **Turn, Point, Turn Step: Rock Behind, Recover, Side: & Side, Rock, Recover: Side Chasse**

- 1, 2** Prep upper body by turning slightly left while pointing right to side (1) Turn  $\frac{3}{4}$  right on ball of left, step forward on right (2) (9:00)
- 3&4** Rock left behind right (3) Recover on right (&) Step left to side (4)
- &5,6,7** Step right with left (&) Step left to side (5) Rock right behind left (6) Recover on left (7)
- 8&1** Step right to side (7) Step left with right (&) Step right to side (8)

### **Rock, Recover: & Rock, Recover: & Cross, Point: Mambo Turn**

- 2,3** Rock forward on left (2) Recover on right (3)
- &4, 5** Step left to right (&) Rock forward on right (4) Recover on left (5)
- &6, 7** Step right next to left (&) Cross left over right (6) Point right to side (7)
- 8&1** Rock forward on right (7) Recover on left (&) Turn  $\frac{1}{2}$  right stepping forward on right (1) (3:00)

### **Step, Sailor ¼ Turn: Step, Turn, Step: Turn, Step Together**

- 2** Step forward on left (2)
- 3&4** Step right behind left (3) Turn ¼ right stepping left back (&) Step right to side (4) (6:00)
- 5&6** Step forward on left (5) Pivot ½ turn right (&) Step forward on left (6) (12:00)
- 7,8** Turn ½ left stepping back on right (7) Step left with right (8) (6:00)

### **Pop Knee, Out, In: Toes, Heel, Turn: Cross Shuffle: ¾ Turn**

- 1, 2** Pop right knee to side (1) Pop right knee to centre (2) (no weight on left)
- 3&4** Swivel left toes to left (3) Swivel left heel to left (&) Swivel left toes turning ¼ left (4)(3:00)
- 5&6** Cross right over left (5) Step left to side (&) Cross right over left (6)
- 7,8** Turn ¼ right stepping back on left (7) Turn ½ right step forward on right (8) (12:00)

### **Rock & Cross: Point, Cross, Unwind: Step, Lock, Step Back**

- 1&2** Rock left to side (1) Recover on right (&) Cross left over right(2)
- 3,4,5** Point right to side (3) Cross right over left (4) Unwind ½ turn left , weight on right (5) (6:00)
- 6&7** Step back on left (6) Cross right over left (&) Step back on left (7)
- 8** Cross right over left (8) #

### **Cross: Rock Back, Recover: Rock & Kick: Sailor Turn: Step**

- 1,2** Rock back on left (1) Recover on right (2)
- 3&4** Rock forward on left (3) Recover back on right (&) Kick left forward (low kick) (4)
- 5&6** Step left behind right (5) Turn ¼ left stepping right to side (&) Step left to side (6) (3:00)
- 7,8** Step forward on right (7) Hold (8)

**# Restart here on wall 3. Alter count 8 to a ½ turn right stepping forward on right .  
Now facing back wall, start from beginning.**