

# Stuck On Repeat

Choreographers: Fred Whitehouse, Shane McKeever, Dustin Betts & Jean-Pierre Madge

~Official GOLD competition dance 2024 - 2025~

Type of dance: 96 Count (Part A = 32, Part B = 64, Tag = 16), 2 Walls Line Dance  
 Level: Freestyle Experienced  
 Music: "Repeat" by Earl St. Clair  
 Intro: 16 counts from first beat in music (app. 6 seconds into track)  
 Sequence: A, A, Tag, B, A, A, Tag, B, A, A, B, A

Counts	Footwork Part A 32 Counts	End facing
<b>1 – 8</b>	<b>Jazz Box, Cross, Slide R, Kick, Point</b>	
1 – 4	Cross R over L (1), Step L back (2), Step R to R side (3), Cross L over R (4)	12:00
5 – 6	Step R to R side (5), Drag L towards R (6)	12:00
7 – 8	Kick L over R (7), Point L to L side (8)	12:00
<b>9 – 16</b>	<b>¼ Turn L, Step Fwd, Flick, Walk R L, Out, Out, Heel Drop, Swivel ¼ Turn L</b>	
1 – 2	Turn ¼ L stepping L forward bending knees (1), Straighten legs & flick R back (2)	9:00
3 – 4	Step R forward (3), Step L forward (4)	9:00
&5 – 6	Step R to R side on ball of foot (&), Step L to L side on ball of foot (5), Drop heel downs (6)	9:00
7 – 8	Twist R toe to R & L heel to L (7), Turn ¼ L recover feet to centre (8)	6:00
<b>17 – 24</b>	<b>Back, Touch, ¼ Turn R, Step R, Point, 1¼ Rolling Vine L, Sweep</b>	
1 – 2	Step L back (1), Touch R next to L (2)	6:00
3 – 4	Turn ¼ R stepping R to R side (3), Point L to L side (4)	9:00
5 – 6	Turn ¼ L stepping L forward (5), Turn ½ L stepping R back (6)	12:00
7 – 8	Turn ½ L stepping L forward (7), Sweep R forward (8)	6:00
<b>25 – 32</b>	<b>Weave, Swivel Heel Toe Heel Toe</b>	
1 – 2	Cross R over L (1), Step L to L side (2)	6:00
3 – 4	Cross R behind L (3), Step L to L side (4)	6:00
5 – 6	Twist both heels to L (5), Twist both toes to L (6)	6:00
7 – 8	Twist both heels to L (7), Twist both toes to L (8)	6:00
Counts	Footwork Part B 64 Counts	End facing
<b>1 – 8</b>	<b>Rock Step &amp; Pop Knee x4</b>	
1 – 2	Rock weight to R popping L knee pulling L shoulder back (1), Recover to centre (2)	12:00
3 – 4	Rock weight to R popping L knee pulling L shoulder back (3), Recover to centre (4)	12:00
5 – 6	Rock weight to R popping L knee pulling L shoulder back (5), Recover to centre (6)	12:00
7 – 8	Rock weight to R popping L knee pulling L shoulder back (7), Recover to centre transferring weight onto L (8)	12:00
<b>9 – 16</b>	<b>Cross, Hold, ½ Unwind Turn L, Hold, Cross, Point, Step, Side</b>	
1 – 2	Cross R over L (1), Hold (2)	12:00
3 – 4	Unwind ½ L transferring weight on L (3), Hold (4)	6:00
5 – 6	Cross R over L (5), Point L to L side (6)	6:00
7 – 8	Step L forward (7), Step R to R side (8)	6:00
<b>Arms</b>	<b>Lift R hand to head height (on count 8)</b>	
<b>17 – 24</b>	<b>Knee Pop &amp; Recover x4</b>	
1 – 2	Pop R knee in (1), Recover back to centre (2)	6:00
<b>Arms</b>	<b>Drop R hand forward to shoulder height (1), Lift hand back to head height (2)</b>	
3 – 4	Pop R knee in (3), Recover back to centre (4)	6:00
<b>Arms</b>	<b>Drop R hand forward to shoulder height (3), Lift hand back to head height (4)</b>	
5 – 6	Pop R knee in (5), Recover back to centre (6)	6:00
<b>Arms</b>	<b>Drop R hand forward to shoulder height (5), Lift hand back to head height (6)</b>	
7 – 8	Pop R knee in (7), Recover back to centre (weight ends on R) (8)	6:00
<b>Arms</b>	<b>Drop R hand forward to shoulder height (7), Lift hand back to head height (8)</b>	

<b>25 – 32</b>	<b>Step Fwd, ½ Turn R Heel Bounces, Rock Step, Walk R L</b>	
1	Step L forward (1)	6:00
2 – 4	Turn ½ R bouncing heels 3 times (weight ends on left) (2-4)	12:00
5 – 6	Rock R back (5), Recover on L (6)	12:00
7 – 8	Step R forward (7), Step L forward (8)	12:00
<b>33 – 40</b>	<b>Stomp, Swivel Toe Heel Toe, Stomp, Swivel Toe Heel Toe</b>	
1 – 2	Step R forward to R diagonal (1), Twist L heel towards R (2)	12:00
3 – 4	Twist L toes towards R (3), Twist L heel towards R (4)	12:00
5 – 6	Step L forward to L diagonal (5), Twist R heel to L (6)	12:00
7 – 8	Twist R toes to L (7), Twist R heel to L (8)	12:00
<b>41 – 48</b>	<b>Step Back, Touch, Step Back, Touch, Rock Step Walk R L</b>	
1 – 2	Step R back to R diagonal (1), Touch L next to R (2)	12:00
3 – 4	Step L back to L diagonal (3), Touch R next to L (4)	12:00
5 – 6	Rock R back (5), Recover on L (6)	12:00
7 – 8	Step R forward (7), Step L forward (8)	12:00
<b>49 – 56</b>	<b>Stomp, Swivel Toe Heel Toe, Stomp, Swivel Toe Heel Toe</b>	
1 – 2	Stomp R forward to R diagonal (1), Twist L heel towards R (2)	12:00
3 – 4	Twist L toes towards R (3), Twist L heel towards R (weight ends on R) (4)	12:00
5 – 6	Stomp L forward to L diagonal (5), Twist R heel towards L (6)	12:00
7 – 8	Twist R toes towards L (7), Twist R heel towards L (weight ends on L) (8)	12:00
<b>57 – 64</b>	<b>Back, Touch, Back, Touch, Back Rock, Walk, Walk</b>	
1 – 2	Step R back to R diagonal (1), Touch L beside R (2)	12:00
3 – 4	Step L back to L diagonal (3), Touch R beside L (4)	12:00
5 – 6	Rock R back (5), Recover weight onto L (6)	12:00
7 – 8	Step R forward (7), Step L forward (8)	12:00
<b>Counts</b>	<b>Footwork Tag 16 Counts</b>	<b>End facing</b>
<b>1 – 8</b>	<b>Point Fwd, Step R, Point Fwd, Step L, Point Back, Step R, Point Back, Step L</b>	
1 – 2	Point R over L (1), Step R to R side (2)	12:00
3 – 4	Point L over R (3), Step L to L side (4)	12:00
5 – 6	Point R behind L (5), Step R to R side (6)	12:00
7 – 8	Point L behind R (7), Step L to L side (8)	12:00
<b>9 – 16</b>	<b>Step ½ Pivot Turn L 2x, Step Fwd, Drag, Out, Out</b>	
1 – 2	Step R forward (1), Pivot ½ L transferring weight on to L (2)	6:00
3 – 4	Step R forward (3), Pivot ½ L transferring weight on to L (4)	12:00
5 – 6	Step R forward (5), Drag L towards R (6)	12:00
7 – 8	Step L to L side (7), Step R to R side (8)	12:00