

Alex's Start Me Up

COPPER **NOB**
BY WENDY

Count: 32

Wand: 4

Ebene: Absolute Beginner

Choreograf/in: Wendy Haggerty (USA) - April 2024

Musik: Start Me Up - The Rolling Stones



Start on lyrics - No tags or restarts

STEP FORWARD, SCUFF 4X

- 1-2 Step RF forward, Scuff left heel
- 3-4 Step LF forward, Scuff right heel
- 5-6 Step RF forward, Scuff left heel
- 7-8 Step LF forward, Scuff right heel

(note: for more fun, hitch the knee high with each scuff)

CROSS ROCK RECOVER, SIDE ROCK RECOVER, STOMP, POP KNEES, FLICK

- 1-2 Step RF across LF, replace weight to LF
- 3-4 Step RF to right side, replace weight to LF
- 5 Stomp RF beside LF
- 6 Lift heels and pop knees forward
- 7 Replace heels to ground
- 8 Flick RF behind LF

GRAPEVINE RIGHT, GRAPEVINE LEFT ¼ TURN with SCUFF

- 1-2 Step RF to right side, cross LF behind right
- 3-4 Step RF to right side, touch LF beside RF
- 5-6 Step LF to left side, cross RF behind right
- 7-8 Turn ¼ left stepping LF to left side, scuff right heel beside LF

ROCKING CHAIR, V STEP WITH STOMPS

- 1-2 Rock RF forward, replace weight to LF
- 3-4 Rock RF back, replace weight to LF
- 5-6 Step RF forward right diagonal, Step LF forward left diagonal
- 7-8 Stomp RF back under body, Stomp LF beside RF

Enjoy and spice it up!

Contact choreographer: Whaggerty2016@gmail.com/www.DanceWithWendy.com