

# Alex's Start Me Up

**COPPER** KNOB  
STEPSHEETS

Count: 32

Wall: 4

Level: Absolute Beginner

Choreographer: Wendy Haggerty (USA) - April 2024

Music: 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](mailto:Whaggerty2016@gmail.com)/[www.DanceWithWendy.com](http://www.DanceWithWendy.com)