

Start, Change, and Stop

Compte: 32

Mur: 4

Niveau: Beginner

Chorégraphe: MJ Murphy - November 2012

Musique: Start, Change, & Stop - The Jive Aces



Section One: STEP, CLAP, SAILOR(8 counts)

- 1,2 Step left to left, hold and clap
- 3,4 Left sailor step
- 5,6 Step right to right, hold and clap
- 7,8 Right sailor step

Section Two: STEP FORWARD, TOGETHER, STEP TO RIGHT, TOGETHER, 3/4 TURN (8 counts)

- 1,2 Big step forward on left, bring right beside left
- 3,4 Big step to side on right, bring left beside right
- 5,6 Kick left foot forward, hook left foot behind right
- 7,8 3/4 turn to left, hold

Section Three: BOOTIE BUMPS BACK, HIP, HIP, PENGUIN WALK FORWARD (8 counts)

- 1,2 Both feet hop back twice with bootie leading
- 3,4 Stick left hip out to side, stick right hip out to side
- 5,6 Penguin walk forward left, right
- 7,&,8,& Fast Penguin walk forward, left, right, left, right

Section Four: PENGUIN WALK WITH HALF TURN, KICK, TOE, HEEL,TOE (8 counts)

- 1,2 Penguin walk left, right with 1/2 turn over right shoulder
- 3,&,4,& Fast Penguin walk forward, left, right, left, right
- 5,6 Kick left foot forward and land wide
- 7,&,8 toes turn towards midline, heels turn towards midline, toes turn towards midline

Restart: End of fourth sequence, drop the last 4 beats (kick, toe, heel, toe) and restart.

No tags

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