

Restart

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Gwen Walker (USA) - September 2015
音乐: Restart - Sam Smith



#32 count intro

4 easy Restarts and 1 tag (don't worry you can hear each in the music it makes you want to Restart)

Walk right, left, anchor step, coaster step, step ½ turn.

1-2 Walk forward R, L.
3&4 R anchor step, step R back in 5th position, step L in place, Step R in 5th position.
5&6 L coaster, step back on L, bring R beside L, step L forward.
7-8 Step R forward, pivot ½ turn to left weight to L. (6:00)

Walk right, left, anchor step, coaster step, step 1/4 turn.

1-2 Walk forward R, L.
3&4 R anchor step, step R back in 5th position, step L in place, Step R in 5th position.
5&6 L coaster, step back on L, bring R beside L, step L forward.
7-8 Step R forward, pivot 1/4 turn to left weight to L. (3:00)

(Restart Here On Walls 4—7—9)

Cross R over L, back, step L ½ turn L back on R, Lock Triple back, R back mambo .

1 2& Cross R over L, step L back, Bring R beside L.
3 – 4 Step L forward, Turn ½ L, stepping back on R (9:00)
5&6 L locking Triple back, step L back, cross R in front of L, step L back.
7&8 R back Mambo , rock back on R, recover to L, step R forward. (9:00)

(mambo works best if steps are small with the music)

Traveling L kick ball steps x 2, L ½ chase turn, R traveling kick ball step.

1&2 , 3&4 Traveling L kick ball steps x 2, Kick L forward, bring L beside R, Step R forward. (9:00)
(20 ct tag here on wall 10, easy to hear)
5&6 L ½ turn chase step, Step L forward, turn ½ R stepping on R, step L forward. (3:00)
7&8 Traveling R kick ball step, kick R forward, bring R beside left, step L forward. (3:00)

Start again, this dance is peppy, Have fun.

TAG: 20ct Tag on Wall 10 after 28 counts: After the 2 traveling kick ball steps 1&2, 3&4:

5-8 Bump Hips L-R-L-R (weight stays on R during bumps)
1-4 Rock L forward, recover to R x 2 (rock recover, rock recover)
5-8 Long step back on L, drag or slide R back towards L for 2 cts, step R beside L on ct 8.
 Weight on R.
1-4 Rock L forward, recover to R x 2 (rock recover, rock recover)
5-8 Long step back on L, drag or slide R back towards L for 2 cts, touch R beside L on ct 8.

Restart dance on Wall 11 at the 12:00 wall.