

Starting Over

拍数: 56 墙数: 3 级数: Low Intermediate
编舞者: Lars Kuif (NL) - March 2022
音乐: (Just Like) Starting Over - John Lennon



Starts on the word 'been' = first hard beat

[1 – 8] (Side Rock, Cross Shuffle) 2x

1, 2 Rock R to side (1), recover to LF (2)
3&4 Step R across L (3), step L to side (&), step R across L (4)
5,6 Rock L to side (5), recover to RF (6)
7&8 Step L across R (7), step R to side (&), step L across R (8) [12.00]

[9 – 16] Rhumba Box With Shuffles

1,2 Step R to side (1), step L next to R (2)
3&4 Step R back. (3), step L next to R (&), step R back. (4)
5,6 Step L to side (5), step R next to L (6)
7&8 Step L fwd. (7), step R next to L (&), step L fwd. (8) [12.00]

[17 – 24] Weave L, Cross Rock, Side Rock

1 – 4 Step R across L (1), step L to side (2), step R behind L (3), step L to side (4)
5,6 Rock R across L (5), recover to LF (6)
7,8 Rock R to side (7), recover to LF (8) [12.00]

[25 – 32] Behind, ¼ Turn L, Step L Fwd., Step R Fwd., ½ Turn L, (Step Diag. Fwd., Touch)2x

1 – 4 Step R behind L (1), ¼ L stepping L fwd. (2), step R fwd. (3), ½ turn L and weight to LF (4)
[03.00]
5,6 Step R diag. fwd. (5), touch L next to R (6)
7,8 Step L diag. fwd. (7), touch R next to L (8) [03.00]

***Restart here during wall 3 and 5, facing 09.00**

[33 – 40] Cross, Hold, Side, Back, Hold, Side, Cross Rock, Chassé

1,2 Step R across L (1), hold (2)
&3,4 Step L to side (&), step R behind L (3), hold (4)
&5,6 Step L to side (&), rock R across L (5), recover to LF (6)
7&8 Step R to side (7), step L next to R (&), step R to side (8) [03.00]

[41 – 48] L Jazz Box With Touch, (Step Fwd., ¼ Turn L)2x

1 – 4 Step L across R (1), step R back (2), step L to side (3), touch R next to L (4)
5,6 Step R fwd. (5), ¼ turn L and weight to LF (6)
7,8 Step R fwd. (7), ¼ turn L and weight to LF (8) [09.00]

[49 – 56] R Jazz Box Into Cross, Hip Sways, Touch

1 – 4 Step R across L (1), step L back (2), step R to side (3), step L across R (4)
5 – 8 Step R to side and sway (5), sway L (6), sway R (7), touch R next to L (8) [09.00]

Tag:

At the end of wall 2 (facing 06.00), add:

1 – 2 Step R to side (1), touch L next to R (2), step L to side (3), touch R next to L (4)

Restart

***Dance wall 3 and 5 up to count 32 and restart (facing 09.00)**

Tag+Restart:

*****Dance wall 6 up to count 32, facing 12.00:**

1 Hold

2 Restart on count 1 of the dance

Questions: larskuiflinedance@gmail.com
