

Alex's Start Me Up

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Wendy Haggerty (USA) - April 2024
音乐: 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