

# Started Stoppin'

拍数: 32      墙数: 2      级数: Improver/Improver +  
编舞者: Alan Birchall (UK) & Jacqui Jax (UK) - November 2024  
音乐: Started Stoppin' - Mitchell Tenpenny



**Start: On The Word 'ME' Seconds: 5 Counts: 8 BPM: 100**

## CROSS ROCK, RECOVER, ¼ SIDE SHUFFLE, STEP ½ PIVOT, WALK, WALK

1-2            Cross Rock Right Over Left, Recover On Left  
3&4           Step Right To Right, Step Left By Right, ¼ Turn Right Stepping Forward On Right  
(03:00)  
5-6           Step Forward On Left, Make ½ Pivot Turn Right      (09:00)  
7-8           Step Forward Left, Step Forward Right      Alt: Full Turn Right

## ROCK, RECOVER, COASTER STEP, JAZZ BOX, CROSS

9-10           Rock Forward On Left, Recover On Right  
11&12        Step Back On Left, Step Right By Left, Step Forward On Left      Alt: Full Triple Turn Left  
13-14        Cross Right Over Left, Step Back On Left  
15-16        Step Right To Right, Cross Left Over Right

## SWAY, RECOVER, BEHIND, SIDE, CROSS, ¼ SWAY, RECOVER, COASTER STEP

17-18        Sway Right To Right, Recover On Left      (Optional Body Roll)  
19&20        Cross Right Behind Left, Step Left To Left, Cross Right Over Left  
21-22        Sway Left To Left, Make ¼ Turn Left Recover On Right  
23&24        Step Back On Left, Step Right By Left, Step Forward On Left      (06:00)

## CROSS, POINT X 2, WEAVE LEFT

25-26        Cross Right Over Left, Point Left To Left,  
27-28        Cross Left Over Right, Point Right To Right  
29-30        Cross Right Over Left, Step Left To Left      Alt: Reverse Turn (see below)  
31-32        Cross Right Behind Left, Step Left To Left

**Tag & Restart Here End of Wall 5**

## START AGAIN

### ALT: REVERSE TURN (Counts 29-32)

#### CROSS, ¼ TURN, ½ TURN, ¼ TURN

29-30        Cross Right Over Left, ¼ Turn Right Stepping Back On Left      (09:00)  
31-32        ½ Turn Right Stepping Forward On Right, ¼ Turn Right Stepping Left To Left      (06:00)

### TAG & RESTART: END OF WALL 5 (06:00)

#### CROSS ROCK. RECOVER. SIDE SHUFFLE X 2

1-2            Cross Rock Right Over Left, Recover On Left  
3&4           Step Right To Right, Step Left By Right, Step Right To Right  
5-6           Cross Rock Left Over Right, Recover On Right  
7&8           Step Left To Left, Step Right By Right, Step Left To Left

**Last Update: 16 Nov 2024**