

Stop & Start

拍数: 56 墙数: 2 级数: Intermediate
编舞者: Gary Steele (UK)
音乐: Can't Stop This Thing We Started - Bryan Adams



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|-----|---|
| 1&2 | Kick forward on right, step back on ball of left-change |
| 3-4 | Step forward on right, ½ pivot over left shoulder |
| 5&6 | Shuffle forward on right |
| 7&8 | Rock forward on left, recover, step back on left |
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| 1-2 | Right toe dig behind left, unwind ½ pivot over right |
| 3&4 | Step ¼ left into a chasse left |
| 5&6 | Sailor right |
| 7&8 | Sailor left |
| | |
| 1&2 | Kick forward on right, ball-step |
| 3&4 | Kick forward on right, ball-step |
| 5-6 | Step forward on right, ¼ pivot to the left |
| 7&8 | Crossing left shuffle |
| | |
| 1-2 | Point left to left side, cross left over right |
| 3-4 | Point right to right side, cross right over left |
| 5-6 | Rock forward on left, recover |
| 7&8 | Coaster left |
| | |
| 1&2 | Hip bumps right |
| 3&4 | Hip bumps left |
| 5&6 | Hip bumps right |
| 7&8 | Hip bumps left |
| | |
| 1-2 | Rock forward on right, recover |
| 3&4 | Shuffle back on right |
| 5&6 | Point left, together, point right |
| &7 | Together, point left |
| 8 | Clap hands |
| | |
| 1&2 | Sailor left |
| 3&4 | Sailor right |
| 5-6 | Left toe dig behind right, unwind ½ turn over left (weight still on right foot) |
| 7&8 | Behind side-cross |

REPEAT
