

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



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

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
