

# Stop And Start

拍数: 64      墙数: 4      级数: Improver  
编舞者: Pat Stott (UK)  
音乐: Start, Change, & Stop - The Jive Aces



## TAP, SIDE, TAP, SIDE, CLOSE, SIDE, TAP, SIDE, TAP, SIDE, TAP, SIDE, CLOSE, ¼ TURN AND STEP FORWARD, SCUFF

- 1-2            Step right to right swinging arms to right, tap left next to right and click fingers
- 3-4            Step left to left swinging arms to left, tap right next to left and click fingers
- 5-8            Step right to right, close left to right, step right to right, tap left next to right
- 9-10          Step left to left swinging arms to left, tap right next to left and click fingers
- 11-12         Step right to right swinging arms to right, tap left next to right and click fingers
- 13-14         Step left to left, close right to left
- 15-16         Turn ¼ to left stepping forward on left, scuff right foot forward

## CROSS STRUT, BACK STRUT, SIDE, ROCK, STEP FORWARD, HOLD, CROSS STRUT, BACK STRUT, SIDE, ROCK, STEP FORWARD, HOLD

- 17-18         Cross right toe over left, lower heel
- 19-20         Left toe back, lower heel
- 21-22         Rock right to right, recover on left
- 23-24         Step forward on right, hold
- 25-26         Cross left toe over right, lower heel
- 27-28         Right toe back, lower heel
- 29-30         Rock left to left, recover on right
- 31-32         Step forward on left, hold

## SWEEP, TOUCH FORWARD, HOLD, (CHARLESTON STEP), SWEEP, STEP BACK, HOLD, COASTER STEP, HOLD, STEP, HOLD, ½ PIVOT, HOLD, TOE STRUT, TOE STRUT

- &            Sweep right from back to front
- 33-34         Touch right toe forward, hold
- &35-36        Sweep right from front to back, step back on right, hold
- 37-40         Step back on left, close right to left, step forward on left, hold
- 41-42         Step forward on right, hold
- 43-44         ½ pivot left transferring weight to left, hold
- 45-46         Right toe forward, lower heel
- 47-48         Left toe forward, lower heel

## TURNING RUMBA BOX TWICE, TAP

- 49-50         Step right to right, close left to right
- 51-52         Turn ¼ to right stepping forward on right, hold
- 53-54         Step left to left, close right to left
- 55-56         Step back on left, hold
- 57-58         Step right to right, close left to right
- 59-60         Turn ¼ to right stepping forward on right, hold
- 61-62         Step left to left, close right to left
- 63-64         Step back on left, tap right beside left

## REPEAT

## RESTART

During 4th sequence the music stops on step 48 ( you will be facing 6:00), point right to right (on the word "stop") and hold, after a total of 8 beats from the point to side, then restart the dance from the beginning

## ENDING

Facing 12:00 dance up to step 48, point right to right (on the word "stop") and hold, after 8 beats, restart from beginning up to step 7, finish stepping forward on left arms out to the sides

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