

Start Over

拍数: 32 墙数: 2 级数: Intermediate / High Intermediate
编舞者: Dee Musk (UK) - September 2011
音乐: Start Over - Beyoncé : (Album: 4 - 3:19)



16 Count Intro - approx 13 seconds.

Cross Back Side, Cross Back Side, Walk Walk, ½ Turn L, ¼ Turn L, Point.

- 1,2& Travelling slightly backwards cross R over L, step back on L, step R to R side.
3,4& Travelling slightly backwards cross L over R, step back on R, step L to L side.
5,6 Walk forward R, walk forward L.
7&8 Make a ½ turn L stepping back on R, make a ¼ turn L stepping L to L side, Point R toe to R side. (3 o'clock)

Ronde ¼ Turn, Cross Side Behind Ronde, Anchor Step, Ronde Behind Side Cross, Side Together.

- 1 Placing weight on R make a ¼ turn R and ronde L to in front of R.
2&3 Cross L over R, step R to R side, cross L behind R and ronde R to behind L.
4&5 Rock back on R, recover weight forward on L, rock back on R.
6&7 Ronde L from in front to behind R crossing L behind R, step R to R side, cross L over R.
8& Step R to R side, step L beside R.

* Restart 1 from here during wall 2, begin again facing 12 o'clock wall. (6 o'clock)

** Restart 2 from here during wall 5, begin again facing 6 o'clock wall.

Cross ¼ Turn R Step Back L, Step Back R, Coaster Cross, Side Rock Cross, Hinge ½ Turn R, Cross Rock Side.

- 1,2& Cross R over L, make a ¼ turn R stepping back on L, step back on R.
3&4 Step back on L, step R beside L, cross L over R.
5&6 Rock R to R side, recover weight to L, cross R over L.
&7 Make a ¼ turn R stepping back on L, make a ¼ turn R stepping R to R side.
&8& Cross rock L over R, recover weight to R, step L to L side. (3 o'clock)

Cross, ½ Turn L With Cross Side Touch Behind, Unwind ½ Turn L, Run Back R,L,R Touch Back, ½ Turn L, Step Back ¼ Turn L.

- 1 Cross R over L.
2&3 Make a ½ turn L cross stepping L over R, step R to R side, touch L toe behind R.
4 Unwind a ½ turn L (weight on L).
5&6 Run back R, run back L, run back R.
&7 Touch L toe back, make a ½ turn L (weight forward on L).
8& Step back on R, make a ¼ turn L stepping L to L side. (6 o'clock)

* Restart 1 – during wall 2, dance up to and including count 16& then begin again facing 12 o'clock.

** Restart 2 – during wall 5, dance up to and including count 16& then begin again facing 6 o'clock.

xx Relax and enjoy xx