

# Started For Life

COPPER KNOB  
BY STEPHEN HETS

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Dom Yates (UK) - October 2012  
音乐: Get It Started (feat. Shakira) - Pitbull



## 32 Count Intro (On Shakira Vocals)

2 Tags : Tag 1 (16 Counts) At End Of Walls 2&4, Tag 2 (4 Counts) At End Of Walls 5&6

### [1-8] : Forward Rock, Ball Pivot ½ Turn, ¼ Turn, Weave, Side

1,2            Rock forward on right, recover onto left  
&3,4          Step right next to left, step forward on left, pivot ½ turn right  
5              Make ¼ turn right stepping left to side  
6&7          Cross right behind left, step left to side, cross right over left  
8              Step left to side

### [9-16] : Sailor Step, Behind, ¼ Turn, Kick Out Out, Knee Pop ¼ Turn

1&2          Cross right behind left, step left in place, step right to side  
3,4          Cross left behind right, make ¼ turn right stepping forward on right  
5&6          Kick left forward, step left to side, step right to side  
7,8          Pop right knee in, recover right making ¼ turn right

### [17-24] : Forward Rock, ¾ Turn, Sailor ½ Cross, Hold Ball Cross

1,2            Rock forward on left, recover onto right  
3,4          Make ½ turn left stepping forward on left, make ¼ turn left stepping right to side  
5&6          Cross left behind right making ¼ turn left, step right in place, make ¼ turn left crossing left over right  
7&8          Hold, step right to side, cross left over right

### [25-32] : Side Rock, Behind, Side Rock, Behind, ¼, ¼

1,2            Rock right to side, recover onto left  
3,4          Cross right behind left, rock left to side  
5,6          Recover onto right, cross left behind right  
7,8          Make ¼ turn right stepping forward on right, make ¼ turn right stepping left to side

### [33-40] : Sailor Step, Cross Point, Samba, ¼ Turn

1&2          Cross right behind left, step left in place, step right to side  
3,4          Cross left over right, point right to side  
5&6          Cross right over left, rock left to side, recover onto right  
7,8          Cross left over right, make ¼ turn left stepping back on right

### [41-48] : Coaster Step, Step, ½ Turn, Back Rock, Full Turn

1&2          Step back on left, step right next to left, step forward on left  
3,4          Step forward on right, make ½ turn right stepping back on left  
5,6          Rock back on right, recover onto left  
7,8          Make ½ turn left stepping back on right, make ½ turn left stepping forward on left

### [49-56] : Forward Rock, Coaster Step, Step Pivot ¼, Cross, Side

1,2            Rock forward on right, recover onto left  
3&4          Step back on right, step left next to right, step forward on right  
5,6          Step forward on left, pivot ¼ turn right  
7,8          Cross left over right, step right to side

**[57-64] Weave ¼ Turn, Step Touch, ¾ Turn, Coaster Step**

1&2            Cross left behind right, make ¼ turn right stepping forward on right, step forward on left  
3,4            Step forward on right, touch left next to right  
5,6            Make ½ turn left stepping forward on left, make ¼ turn left stepping back on right  
7&8            Step back on left, step right next to left, step forward on left

**Start Again**

**Tag 1 (End Of Walls 2 & 4)**

**[1-8] : Step, Forward Rock, Step Back, Weave ¼ Turn, Side Rock**

1,2,3,4        Step forward right, rock forward on left, recover onto right, step back on left  
5&6            Make ¼ turn left crossing right behind left, step left to side, cross right over left  
7,8            Rock left to side, recover onto right

**[9-16] : Weave, Side, Touch, ¾ Turn, Coaster Step**

1&2            Cross left behind right, step right to side, cross left over right  
3,4            Step right to side, touch left next to right  
5,6            Make ¼ turn left stepping forward on left, make ½ turn stepping back on right  
7&8            Step back on left, step right next to left, step forward on left

**Tag 2 (End Of Walls 5 & 6): Rocking Chair**

1,2,3,4        Rock forward on right, recover onto left, rock back on right, recover onto left

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