

Make A Start

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Robbie McGowan Hickie (UK) - March 2013
音乐: Knock Yourself Out - Lee Roy Parnell : (CD: We All Get Lucky Sometimes)



24 Count intro from the Beginning

Alternatives:-

“I Ain’t Never” by Pam Tillis (138 bpm...16 Count intro) CD...“It’s All Relative”

“Take These Chains From My Heart” by Lee Roy Parnell (130 bpm...32 Count intro) CD...“On The Road”

Step Forward Right. Scuff. Step Forward Left. Scuff. Forward Rock. 2 x Walks Back.

- 1 – 2 Step forward on Right. Scuff Left forward.
- 3 – 4 Step forward on Left. Scuff Right forward.
- 5 – 6 Rock forward on Right. Rock back on Left.
- 7 – 8 Walk back on Right. Walk back on Left.

Back Rock. Touch Out. Touch In. 4 x Hip Bumps.

- 1 – 2 Rock back on Right. Rock forward on Left.
- 3 – 4 Touch Right toe out to Right side. Touch Right toe beside Left.
- 5 – 6 Step Right to Right side bumping hips Right. Bump hips Left.
- 7 – 8 Bump hips Right. Bump hips Left. (Weight on Left)

Grapevine Right. Touch. Heel. Touch. Heel. Touch.

- 1 – 2 Step Right to Right side. Cross Left behind Right.
- 3 – 4 Step Right to Right side. Touch Left toe beside Right.
- 5 – 6 Dig Left heel Diagonally forward Left. Touch Left toe beside Right.
- 7 – 8 Dig Left heel Diagonally forward Left. Touch Left toe beside Right.

Grapevine 1/4 Turn Left. Scuff. Rocking Chair.

- 1 – 2 Step Left to Left side. Cross Right behind Left.
- 3 – 4 Make 1/4 turn Left stepping forward on Left. Scuff Right forward.
- 5 – 6 Rock forward on Right. Rock back on Left.
- 7 – 8 Rock back on Right. Rock forward on Left. (Facing 9 o’clock)

Start Again

Note: When using the music “I Ain’t Never” by Pam Tillis ... the music Fades at 2mins 02secs (Approx) ... You should End the dance at that point, although the Music will kick back in again later.