

Start Again

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Jacob Ballard (USA) - December 2014
音樂: Citizens - Alice Russell



Begin on lyrics

SIDE, ½, HOLD, TOGETHER, STEP, FORWARD ROCK, ¼, STEP, ¼, ½, TOUCH

1-2 step right to side, turn ½ right stepping left to side
3&4 hold, step right together, step left forward
5-6 rock forward onto right, recover to left
&7 turn ¼ right stepping right forward, step left forward
8&1 turn ¼ left stepping right to side, turn ¼ left stepping left to side, touch right next to left heel

WEIGHT TRANSFER WITH KNEE POP, HOLD, BACK TOGETHER, STEP, 1/8 SIDE ROCK, CROSS, BACK, SIDE, CROSS

2 lower right heel transferring weight to right while popping left knee forward (you can add style by opening hips to the right diagonal and slightly looking over right shoulder)
3&4 hold, step left back, step right together
5 step left forward
6&7 turn 1/8 left rocking right to side (11:00), recover to left, cross right over left
&8& turn 1/8 right stepping back on left (12:00), step right to side, cross left over right

PRESS, ½ SPIRAL, HOLD, STEP, ¼, BEHIND, ¼, STEP, FORWARD ROCK, BACK, BACK, LOCK

1-2 press right to side while slightly swaying hips right, recover weight back to left while making ½ turn right
3&4 hold, small step forward on right, turn ¼ right stepping left to side
5 cross right behind left
6&7 turn ¼ left stepping left forward, rock forward onto right, recover to left
8&1 step right back, step left back, lock right over left

¼, HOLD, SIDE, CROSS, ¾. SIDE, BEHIND, ¼, SIDE, BACK CROSS ROCK

2 turn ¼ left stepping left to side while angling body toward the left diagonal
3&4 hold, step right slightly to side, cross left over right
5 turn ¾ left on ball of left foot
6&7 step right to side, cross left behind right, turn ¼ right stepping right forward
&8& step left to side, cross rock right behind left, recover to left

REPEAT

ENDING: On wall 7, after count 25

2-3 turn ¼ left stepping left to side, step right slightly to side
4&5 cross left over right, turn ¼ left stepping back on right, turn ½ left stepping forward on left
6 press forward onto right. Slowly lunge forward as music fades out