Restart

COPPER KNOB

拍數: 32

級數: Intermediate

編舞者: Gwen Walker (USA) - September 2015

牆數:4

音樂: Restart - Sam Smith



#32 count intro

4 easy Restarts and I tag (don't worry you can hear each in the music it makes you want to Restart)

Walk right, left, anchor step, coaster step, step 1/2 turn.

- 1-2 Walk forward R, L.
- 3&4 R anchor step, step R back in 5th position, step L in place, Step R in 5th position.
- 5&6 L coaster, step back on L, bring R beside L, step L forward.
- 7-8 Step R forward, pivot ¹/₂ turn to left weight to L. (6:00)

Walk right, left, anchor step, coaster step, step 1/4 turn.

- 1-2 Walk forward R, L.
- 3&4 R anchor step, step R back in 5th position, step L in place, Step R in 5th position.
- 5&6 L coaster, step back on L, bring R beside L, step L forward.
- 7-8 Step R forward, pivot 1/4 turn to left weight to L. (3:00)

(Restart Here On Walls 4-7-9)

Cross R over L, back, step L $\frac{1}{2}$ turn L back on R, Lock Triple back, R back mambo .

- 1 2& Cross R over L, step L back, Bring R beside L.
- 3-4 Step L forward, Turn $\frac{1}{2}$ L, stepping back on R (9:00)
- 5&6 L locking Triple back, step L back, cross R in front of L, step L back.
- 7&8 R back Mambo , rock back on R, recover to L, step R forward. (9:00)

(mambo works best if steps are small with the music)

Traveling L kick ball steps x 2, L ½ chase turn, R traveling kick ball step.

1&2, 3&4 Traveling L kick ball steps x 2, Kick L forward, bring L beside R, Step R forward. (9:00) (20 ct tag here on wall 10, easy to hear)

- 5&6 L ¹/₂ turn chase step, Step L forward, turn ¹/₂ R stepping on R, step L forward. (3:00)
- 7&8 Traveling R kick ball step, kick R forward, bring R beside left, step L forward. (3:00)

Start again, this dance is peppy, Have fun.

TAG: 20ct Tag on Wall 10 after 28 counts: After the 2 traveling kick ball steps 1&2, 3&4:

- 5-8 Bump Hips L-R-L-R (weight stays on R during bumps)
- 1-4 Rock L forward, recover to R x 2 (rock recover, rock recover)
- 5-8 Long step back on L, drag or slide R back towards L for 2 cts, step R beside L on ct 8. Weight on R.
- 1-4 Rock L forward, recover to R x 2 (rock recover, rock recover)
- 5-8 Long step back on L, drag or slide R back towards L for 2 cts, touch R beside L on ct 8.

Restart dance on Wall 11 at the 12:00 wall.