

Starting From Now

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Daniel Trepát (NL) & Fred Whitehouse (IRE) - December 2017
音樂: Starting From Now - Catherine McGrath



Restart: In the 5th wall after 12 counts

Intro: Start when she sings "Last" (I know I said a last time) (aprox. 3 sec into track)

[1 – 9] Side, Touch, Side with Toe turn, Combination step (Weave with Cross Shuffle), ¼ turn L with body sway, ½ turn L sweep R fwd, Cross, Side, Behind with sweep

1&2 Step R to R side (1), Touch L next to R (&), Step L to L side & turn R toes out (2) 12:00
3&4&5 Cross R behind L (3), Step L to L side (&), Cross R over L (4), Step L to L side (&), Cross R over L (5) 12:00
6&7 ¼ turn L stepping on L & turn body in L angle (6), Recover on R & turn body in R angle (&), Recover on L making a ½ turn L & sweeping R forward (7) 3:00
8&1 Cross R over L (8), Step L to L side (&), Cross R behind L & sweep L to back (1) 3:00

[10 – 17] Sailor ¼ turn, Rock chair (forward & side), Cross, Touch Side, Touch In, ¼ turn R fwd, Chase turn

2&3&4 Cross L behind R (2), ¼ turn L stepping R next to L (&), Rock L forward (3), Recover on R (&), Rock L to L side (4) 12:00

Restart: In the 5th wall will be here the Restart (facing the front wall & keep weight on L)

&5 Recover on R (&), Cross L over R (5) 12:00
6&7 Touch R to R side (6), Touch R next to L (&), ¼ turn R stepping R forward (7) 3:00
8&1 Step L forward (8), ½ turn R stepping R forward (&), Step L forward (1) 9:00

[18 – 24] Rock step, Cross, Side, Together, Cross, ¼ turn L, Side, Toe In, Heel In, Touch 2x

2&3&4 Rock R to R side (2), Recover on L (&), Cross R over L (3), Step L to L side (&), Step R next to L (4) 9:00
5 – 6&7&8 Cross L over R (5), ¼ turn L stepping R back (6), Step L to L side (&), Turn R toe inwards (7), Turn R heel inwards (&), Touch R to R side (8), Touch R next to L (&) 6:00

[25 – 32] Side, Diamond Fall away, Rock step

1 – 2&3 Step R to R side (1), 1/8 turn R stepping L forward (2), 1/8 L stepping R to R side (&), 1/8 turn L stepping L back (3) 4:30
4&5 Step R back (4), 1/8 turn L stepping L to L side (&), 1/8 turn L stepping R forward (5) 1:30
6&7 Step L forward (6), 1/8 L stepping R to R side (&), 1/8 turn L stepping L back (3) 10:30
8& Rock R back (8), 1/8 turn L recovering on L (&) 9:00

HAVE FUN AND I AM LOOKING FORWARD TO DANCE WITH YOU AGAIN!