

Starting Over

拍數: 64 牆數: 2 級數: Novice
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音樂: Starting Over - Chris Stapleton



Released Online in Restart! Stay Home Workshops in live by Daniela Bartos 13/11/2020

Intro: 64 counts with de voice

RF = Right Foot - LF = Left Foot

[1-8] KICK COMBINATION ending STOMP UP, HEEL FAN x2 (R)

1 - 2 Kick RF forward, Hook RF in front of LF
3 - 4 Kick RF forward, Stomp Up RF forward
5 - 6 Move right heel to right, Return right heel in place
7 - 8 Move right heel to right, Return right heel in place (weight in right)

[9-16] KICK COMBINATION ending STOMP UP, HEEL FAN x2 (L)

1 - 2 Kick LF forward, Hook LF in front of RF
3 - 4 Kick LF forward, Stomp Up LF forward
5 - 6 Move left heel to left, Return left heel in place
7 - 8 Move left heel to left, Return left heel in place (weight in left)

[17-24] TOE STRUTS (R&L), SLOW COASTER STEP (R)

1 - 2 Touch right toe backward, Flat right heel
3 - 4 Touch left toe backward, Flat left heel
5 - 6 Step RF backward, Step LF next to RF
7 - 8 Step RF forward, Hold

* Here, in 4th wall modify HOLD for STOMP LF next to RF and RESTART

[25-32] STEP fwd (L), ½ TURN to R, ½ TURN to R, HOLD, SLOW COASTER STEP (R)

1 - 2 Step LF forward, ½ turn to right (6h)
3 - 4 ½ turn to right with LF back, Hold (12h)
5 - 6 Step RF backward, Step LF next to RF
7 - 8 Step RF forward, Scuff LF

[33-40] GRAPEVINE(L) with ¼ to R ending HITCH, GRAPEVINE (R) ending HITCH

1 - 2 Step LF to left, Cross RF behind LF
3 - 4 Step LF to left, ¼ to right with Hitch right knee (3h)
5 - 6 Step RF to right, Cross LF behind RF
7 - 8 Step RF to right, Hitch left knee

[41-48] MAMBO STEP fwd (L), HOLD, TOE(R), CROSS (R), TOE (L), CROSS (L)

1 - 2 Rock PLF forward, Recover weight on RF
3 - 4 Step RF backward, Hold
5 - 6 Touch right toe to right, Cross RF behind LF
7 - 8 Touch left toe to left, Cross LF behind RF

[49-56] ROCK STEP, KICK, CROSS (R), ROCK STEP, KICK, CROSS (L)

1 - 2 Rock RF to right, Recover weight on LF
3 - 4 Kick RF forward, Cross RF over LF
5 - 6 Rock LF to left, Recover weight on RF
7 - 8 Kick LF forward, Cross LF over RF

[57-64] ¼ TURN to R, HOLD, HEELS TOGETHER (R & L), STOMP UP x 2 (R)

- 1 - 2 ¼ turn to right with weight on LF, Hold
- 3 - 4 Touch right heel forward, Return RF in place
- 5 - 6 Touch left heel forward, Return LF in place
- 7 - 8 Stomp Up RF next to LF, Stomp Up RF next to LF

STARTING OVER ;)

END OF THE DANCE: on wall 11, we start dancing at 6h and do until step 24 modifying the Hold by a Stomp LF forward and add ½ turn to the right (12h)

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