Brand New Start

級數: Improver

編舞者: Keith Garnett (WLS) - February 2020

音樂: Just When I Got My Mind Together (My Body Fell Apart) - The Bellamy Brothers : (CD: Over The Moon. - Amazon)

#20 Count Intro. Start on Vocals

Rock Forward. Recover. Coaster-Step. Rock Forward. Recover. Shuffle Half Turn.

- 1 2 Rock forward Right. Recover back onto Left.
- 3&4 Step Right back. Step Left beside Right. Step Right forward.
- 5 6 Rock forward Left. Recover back onto Right.
- 7&8 Shuffle half turn Left stepping Left. Right. Left (6:00)

Cross. Point. Cross. Point. Cross Behind. Point. Coaster-Step.

- 1 4 Cross Right over Left. Point Left to side. Cross Left over Right. Point Right to side.
- 5 6 Cross Right behind Left. Point Left to side.
- 7&8 Step Left back. Step Right beside Left. Step Left forward.

Rocking-Chair. Step. Pivot Quarter Turn. Cross-Shuffle.

- 1 4 Rock forward Right. Recover back onto Left. Rock Back Right. Rock forward onto Left.
- 5 6 Step forward Right. Pivot Quarter turn Left (3:00).
- 7&8 Cross Right over Left. Step Left to side. Step Right over Left.

Scissor-Step. Hold. Grapevine. Touch.

- 1 4 Step Left to side. Step Right beside Left. Cross Left over Right. Hold.
- 5 8 Step Right to side. Step Left behind Right. Step Right to side. Touch Left beside Right.

Rock Back. Recover. Kick Ball-Cross. Side Rock. Recover. Cross. Hold.

- 1 2 Rock back on Left. Recover forward onto Right.
- 3&4 Kick Left forward. Step down on Left. Cross Right over Left.
- 5 8 Rock Left to side. Recover onto Right. Cross Left over Right. Hold.

Monterey Quarter Turn. Jazz-Box Quarter Turn.

- 1 2 Point Right to side. Quarter turn Right step Right beside Left (6:00).
- 3 4 Point Left to side. Step Left beside Right.
- 5 6 Cross Right over Left. Step Back on Left.
- 7 8 Step Right to side making Quarter turn Right. Step Left beside Right (9:00)

Side Rock. Recover. Cross. Side. Back Rock. Recover. Shuffle Forward.

- 1 4 Rock Right to side. Recover onto Left. Cross Right over Left. Step Left to side.
- 5 6 Rock back on Right. Recover onto Left.
- 7&8 Shuffle forward stepping Right. Left. Right.

Step. Pivot. Step. Pivot. Rock Forward. Recover. Coaster-Step.

- 1 2 Step forward Left. Pivot half turn Right (3:00).
- 3 4 Step forward Left. Pivot quarter turn Right (6:00).
- 5 6 Rock forward on Left. Recover back onto Right.
- 7&8 Step back Left. Step Right beside Left. Step Left forward.

Side Rock. Recover. Back Rock. Recover.

1 - 4 Rock Right to side. Recover onto Left. Rock Back on Right. Recover onto Left.





拍數: 68

牆數:2

Start Again

End: Dance 19 counts of wall 6 (the back rock of the Rocking-Chair). Throw out arms to the side and pose. You will be facing 12:00.