

# Alex's Start Me Up

COPPERKNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Absolute Beginner  
編舞者: Wendy Haggerty (USA) - April 2024  
音樂: Start Me Up - The Rolling Stones



Start on lyrics - No tags or restarts

## STEP FORWARD, SCUFF 4X

1-2      Step RF forward, Scuff left heel  
3-4      Step LF forward, Scuff right heel  
5-6      Step RF forward, Scuff left heel  
7-8      Step LF forward, Scuff right heel

(note: for more fun, hitch the knee high with each scuff)

## CROSS ROCK RECOVER, SIDE ROCK RECOVER, STOMP, POP KNEES, FLICK

1-2      Step RF across LF, replace weight to LF  
3-4      Step RF to right side, replace weight to LF  
5      Stomp RF beside LF  
6      Lift heels and pop knees forward  
7      Replace heels to ground  
8      Flick RF behind LF

## GRAPEVINE RIGHT, GRAPEVINE LEFT ¼ TURN with SCUFF

1-2      Step RF to right side, cross LF behind right  
3-4      Step RF to right side, touch LF beside RF  
5-6      Step LF to left side, cross RF behind right  
7-8      Turn ¼ left stepping LF to left side, scuff right heel beside LF

## ROCKING CHAIR, V STEP WITH STOMPS

1-2      Rock RF forward, replace weight to LF  
3-4      Rock RF back, replace weight to LF  
5-6      Step RF forward right diagonal, Step LF forward left diagonal  
7-8      Stomp RF back under body, Stomp LF beside RF

Enjoy and spice it up!

Contact choreographer: [Whaggerty2016@gmail.com](mailto:Whaggerty2016@gmail.com)/[www.DanceWithWendy.com](http://www.DanceWithWendy.com)