

# From The Start

拍數: 32      牆數: 4      級數: Improver  
編舞者: Wiwik Katarina (INA) - November 2024  
音樂: From The Start - Laufey



**INTRO : 8 C - The dance starts on vocals**  
**#NO TAG & NO RESTART**

## I. EXTENDED WEAVE, TOGETHER, ¼ DIAMOND WITH HITCH

1, &, 2, &      Cross R over L (1), L side (&), R behind (2), L side (&)  
3, &, 4      Cross R over L (3), L side (&), R together angling your body diagonally R push your hip back (4)(facing 1:30)  
5, &, 6      L fwd squaring to 12:00 (5), 1/8 L step R back (&)(facing 10:30), L back hitching R knee (6)  
7, &, 8      R back (7), 1/8 L side (&)(facing 9:00), R slightly cross over L (8)

## II. SIDE MAMBO (L R), FWD MAMBO , BACK MAMBO

1, &, 2      Rock L side (1), Recover on R (&), L together (2)  
3, &, 4      Rock R side (3), Recover on L (&), R together (4)  
5, &, 6      Rock L fwd (5), Recover on R (&), L back (6)  
7, &, 8      Rock R back (7), Recover on L (&), R fwd (8)

## III. CHASSE TURN, FULL TURN, SCISSOR (L R)

1, &, 2      L fwd (1), ½ R in place (&)(facing 3:00), L fwd (2)  
3, &, 4      ½ L step R back (3)(facing 9:00), ½ L fwd (&)(facing 3:00), R fwd (4)  
5, &, 6      L side (5), R together (&), Cross L over R (6)  
7, &, 8      R side (7), L together (&), Cross R over L (8)

## IV. SWITCHED TOUCH ( L R ), HEELS SWITCH (L R ), FWD, ½ PIVOT, SYNCOPATED V STEP WITH TOUCH

1, &, 2, &      L Point to L (1), Step L beside R (&), R Point to R (2), Step R beside L (&)  
3, &, 4, &      Touch L heel fwd (3), Step L beside R (&), Touch R heel fwd (4), Step R beside L (&)  
5, 6      L fwd (5), ½ R in place (6)(facing 9:00)  
&, 7, &, 8      ; L out (&), R out (7), L back to center (&), Touch R beside L (8)

**#ENDING: AFTER 8 COUNT ON WALL 7 ( 3:00)**

**DO THIS :**

### I. SLOW ½ R PIVOT , SLOW ¼ R PIVOT

1 - 4      L fwd (1), Hold (2), ½ R in place (3) (facing 9:00), Hold (4)  
5 - 8      L fwd (5), Hold (6), ¼ R in place (7) (facing 12:00), Hold (8)

### II. ( SLOW SWAY L R ) 2X

1 - 4      Sway to L (1), Hold (2), Sway to R (3), Hold (4)  
5 - 8      Do the same Slow Sway L R

Enjoy the dance

Contact me : [suwiksuwik3@gmail.com](mailto:suwiksuwik3@gmail.com)