

Started Stoppin'

拍數: 32 牆數: 2 級數: Easy Improver
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音樂: Started Stoppin' - Mitchell Tenpenny : (iTunes)



Restart in wall 6, after 8 counts.

Intro: 8 counts, start approx 06 sec.

S1: [1-8] R Side, L Behind and R Sweep, Weave L. L Side, R Behind and L Sweep, Weave R.

1,2 RF step right (1), LF step behind RF and sweep RF from front to back (2).
3&4 RF step behind LF (3), LF step left (&), RF step across LF (4).
5,6 LF step left (5), RF step behind LF and sweep LF from front to back (6).
3&4 LF step behind RF (7), RF step right (&), LF step across RF (8).

(NB: Restart here in wall 6, after 8 counts, after start again).

S2: [9-16] R Rock, R Coaster Step ¼ R, L Heel Touch ¼ L, Hold, R Together, L Heel Touch, Hold, L Replace.

1,2 RF rock right (1), LF recover (2).
3&4 RF step back ¼ right (3.00) (3), LF step beside RF (&), RF step fwd (4).
5,6& LF touch heel fwd ¼ left (12.00) (5), Hold (6), RF step beside LF (&).
7,8 LF touch heel fwd (7), LF step back in place (8).

S3: [17-24] R Step & L Side Point (snap fingers up), Hold, L Step Back & R Side Point, Hold (snap fingers up), R Pivot ½ Left, R Shuffle Turn ½ Left.

&1,2 RF step fwd (&), LF point out to left (1), Hold (snap both fingers up).
&3,4 LF step back (&), RF point out to right (3), Hold (snap both fingers up) (4).
5,6 RF step fwd (5), RF Pivot ½ turn left (6.00) take weight onto LF (6).
7&8 RF shuffle back ½ left (12.00) (7&8).

S4: [25-32] L Rock Back, L Back ½ Right, R Side, L Step Fwd (small diag), R Hook Behind, R Step Fwd (small diag), L Hook Behind, L Coaster Step.

1,2 LF rock back (1), RF recover (2).
3,4 LF step back ½ left (6.00) (3), RF step right (4).
5& LF step slightly diagonal fwd (5), RF hook behind L knee (&).
6& RF step slightly diagonal fwd (6), LF hook behind R knee (&).
7&8 LF step back (7), RF step beside LF (&), LF step fwd (8).

REPEAT THE DANCE AND HAVE FUN!!