

Started Stoppin'

拍數: 32 牆數: 2 級數: Improver/Improver +
編舞者: Alan Birchall (UK) & Jacqui Jax (UK) - November 2024
音樂: Started Stoppin' - Mitchell Tenpenny



Start: On The Word 'ME' Seconds: 5 Counts: 8 BPM: 100

CROSS ROCK, RECOVER, ¼ SIDE SHUFFLE, STEP ½ PIVOT, WALK, WALK

1-2 Cross Rock Right Over Left, Recover On Left
3&4 Step Right To Right, Step Left By Right, ¼ Turn Right Stepping Forward On Right
(03:00)
5-6 Step Forward On Left, Make ½ Pivot Turn Right (09:00)
7-8 Step Forward Left, Step Forward Right Alt: Full Turn Right

ROCK, RECOVER, COASTER STEP, JAZZ BOX, CROSS

9-10 Rock Forward On Left, Recover On Right
11&12 Step Back On Left, Step Right By Left, Step Forward On Left Alt: Full Triple Turn Left
13-14 Cross Right Over Left, Step Back On Left
15-16 Step Right To Right, Cross Left Over Right

SWAY, RECOVER, BEHIND, SIDE, CROSS, ¼ SWAY, RECOVER, COASTER STEP

17-18 Sway Right To Right, Recover On Left (Optional Body Roll)
19&20 Cross Right Behind Left, Step Left To Left, Cross Right Over Left
21-22 Sway Left To Left, Make ¼ Turn Left Recover On Right
23&24 Step Back On Left, Step Right By Left, Step Forward On Left (06:00)

CROSS, POINT X 2, WEAVE LEFT

25-26 Cross Right Over Left, Point Left To Left,
27-28 Cross Left Over Right, Point Right To Right
29-30 Cross Right Over Left, Step Left To Left Alt: Reverse Turn (see below)
31-32 Cross Right Behind Left, Step Left To Left

Tag & Restart Here End of Wall 5

START AGAIN

ALT: REVERSE TURN (Counts 29-32)

CROSS, ¼ TURN, ½ TURN, ¼ TURN

29-30 Cross Right Over Left, ¼ Turn Right Stepping Back On Left (09:00)
31-32 ½ Turn Right Stepping Forward On Right, ¼ Turn Right Stepping Left To Left (06:00)

TAG & RESTART: END OF WALL 5 (06:00)

CROSS ROCK. RECOVER. SIDE SHUFFLE X 2

1-2 Cross Rock Right Over Left, Recover On Left
3&4 Step Right To Right, Step Left By Right, Step Right To Right
5-6 Cross Rock Left Over Right, Recover On Right
7&8 Step Left To Left, Step Right By Right, Step Left To Left

Last Update: 16 Nov 2024