

Started Stoppin'

拍數: 32 牆數: 4 級數: Improver
編舞者: Michelle Wright (USA) - November 2024
音樂: Started Stoppin' - Mitchell Tenpenny



Dance starts 8 counts in on the lyrics

Wall 6 restart after 8& counts

Wall 8 Restart after 24& counts with a step change (see breakdown for details)

Section 1: Side, Rock back, Recover, Locking shuffle forward, ½ pivot, ¼ chasse

1,2,3 Step R to R side, Rock L directly back, Recover on R
4&5 Step L forward, Lock R behind L, Step L forward
6,7 Step R forward, ½ pivot L weight on L (6:00)
8&1 ¼ turn L stepping R to R side, Step L next to R, Step R to R side (3:00)

Restart here on wall 6 after 8& counts

Section 2: Back, Point, Weave, Side, Touch, Kick, Ball, Behind

2,3 Step L back slightly behind R, Point R to R side
4&5 Cross R behind L, Step L to L, Cross R over L
6,7 Step L to L side, Touch R next to L
8&1 Kick R foot into R diagonal, Step R next to L, Cross L behind R

Section 3: Hold, Ball, Cross, Hold, Ball, Behind, Side Rock, Recover, Crossing shuffle

2&3 Hold, Step R to R side, Cross L over R
4&5 Hold, Step R to R side, Cross L behind R
6,7 Rock R to R side, Recover on L
8&1 Cross R over L, Step L to L side, Cross R over L

Restart on wall 8 changing 8& to a Cross rock, recover.

Section 4: Chasse, Back rock, Recover, Side, Sailor step, Sailor step

2&3 Step L to L side, Step R next to L, Step L to L side
4&5 Rock R behind L, Recover on L, Step R to R side
6&7 Cross L behind R step R to R side, Step L to L side
8& Cross R behind L, Step L to L side

Last count of Sailor is count 1 of the dance

Ending: Wall 10 is the final wall. Dance to count 19 (Cross L over R) and unwind a half turn R to 12:00
End of dance!

Any questions email Michellelinedance@gmail.com

Last Update: 17 Nov 2024