

# Stop & Start

拍數: 56      牆數: 2      級數: Intermediate  
編舞者: Gary Steele (UK)  
音樂: Can't Stop This Thing We Started - Bryan Adams



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- |     |   |
|-----|---|
| 1&2 | Kick forward on right, step back on ball of left-change                         |
| 3-4 | Step forward on right, ½ pivot over left shoulder                               |
| 5&6 | Shuffle forward on right  |
| 7&8 | Rock forward on left, recover, step back on left                                |
|     |   |
| 1-2 | Right toe dig behind left, unwind ½ pivot over right                            |
| 3&4 | Step ¼ left into a chasse left  |
| 5&6 | Sailor right  |
| 7&8 | Sailor left   |
|     |   |
| 1&2 | Kick forward on right, ball-step  |
| 3&4 | Kick forward on right, ball-step  |
| 5-6 | Step forward on right, ¼ pivot to the left                                      |
| 7&8 | Crossing left shuffle   |
|     |   |
| 1-2 | Point left to left side, cross left over right                                  |
| 3-4 | Point right to right side, cross right over left                                |
| 5-6 | Rock forward on left, recover   |
| 7&8 | Coaster left  |
|     |   |
| 1&2 | Hip bumps right   |
| 3&4 | Hip bumps left  |
| 5&6 | Hip bumps right   |
| 7&8 | Hip bumps left  |
|     |   |
| 1-2 | Rock forward on right, recover  |
| 3&4 | Shuffle back on right   |
| 5&6 | Point left, together, point right   |
| &7  | Together, point left  |
| 8   | Clap hands  |
|     |   |
| 1&2 | Sailor left   |
| 3&4 | Sailor right  |
| 5-6 | Left toe dig behind right, unwind ½ turn over left (weight still on right foot) |
| 7&8 | Behind side-cross   |

**REPEAT**

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