

Stop And Start

拍數: 64 牆數: 4 級數: Improver
編舞者: Pat Stott (UK)
音樂: Start, Change, & Stop - The Jive Aces



TAP, SIDE, TAP, SIDE, CLOSE, SIDE, TAP, SIDE, TAP, SIDE, TAP, SIDE, CLOSE, ¼ TURN AND STEP FORWARD, SCUFF

- 1-2 Step right to right swinging arms to right, tap left next to right and click fingers
- 3-4 Step left to left swinging arms to left, tap right next to left and click fingers
- 5-8 Step right to right, close left to right, step right to right, tap left next to right
- 9-10 Step left to left swinging arms to left, tap right next to left and click fingers
- 11-12 Step right to right swinging arms to right, tap left next to right and click fingers
- 13-14 Step left to left, close right to left
- 15-16 Turn ¼ to left stepping forward on left, scuff right foot forward

CROSS STRUT, BACK STRUT, SIDE, ROCK, STEP FORWARD, HOLD, CROSS STRUT, BACK STRUT, SIDE, ROCK, STEP FORWARD, HOLD

- 17-18 Cross right toe over left, lower heel
- 19-20 Left toe back, lower heel
- 21-22 Rock right to right, recover on left
- 23-24 Step forward on right, hold
- 25-26 Cross left toe over right, lower heel
- 27-28 Right toe back, lower heel
- 29-30 Rock left to left, recover on right
- 31-32 Step forward on left, hold

SWEEP, TOUCH FORWARD, HOLD, (CHARLESTON STEP), SWEEP, STEP BACK, HOLD, COASTER STEP, HOLD, STEP, HOLD, ½ PIVOT, HOLD, TOE STRUT, TOE STRUT

- & Sweep right from back to front
- 33-34 Touch right toe forward, hold
- &35-36 Sweep right from front to back, step back on right, hold
- 37-40 Step back on left, close right to left, step forward on left, hold
- 41-42 Step forward on right, hold
- 43-44 ½ pivot left transferring weight to left, hold
- 45-46 Right toe forward, lower heel
- 47-48 Left toe forward, lower heel

TURNING RUMBA BOX TWICE, TAP

- 49-50 Step right to right, close left to right
- 51-52 Turn ¼ to right stepping forward on right, hold
- 53-54 Step left to left, close right to left
- 55-56 Step back on left, hold
- 57-58 Step right to right, close left to right
- 59-60 Turn ¼ to right stepping forward on right, hold
- 61-62 Step left to left, close right to left
- 63-64 Step back on left, tap right beside left

REPEAT

RESTART

During 4th sequence the music stops on step 48 (you will be facing 6:00), point right to right (on the word "stop") and hold, after a total of 8 beats from the point to side, then restart the dance from the beginning

ENDING

Facing 12:00 dance up to step 48, point right to right (on the word "stop") and hold, after 8 beats, restart from beginning up to step 7, finish stepping forward on left arms out to the sides
