

At The Beginning

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Geri Morrison (UK) - March 2008
音樂: At the Beginning - Richard Marx & Donna Lewis



Count in: Start counting around 28 sec in, the dance starts on the first heavy beat,

Section 1

Step Forward, Rock Recover, Behind Side Cross 1/4 Turn, Rock Recover Hook, Cha cha

- 1 Step Forward on Right,
- 2-3 Rock Forward On Left, Recover Weight on Right,
- 4&5 Cross Left Behind Right, Right To Right, Cross Left Over Right,
- 6-7 Make a 1/4 Turn Right, Rock Forward on Right Recover Weight on Left at Same Time Hook
Right in front of Left
- 8&1 Small Shuffle Forward Right, Left, Right (Cha Cha) (3 o'clock)

Section 2

Pivot 1/2 Turn Right, Behind Turn Step, Pivot 1/2 Turn, Left Shuffle 1/2 Turn

- 2-3 Step Forward on Left, Pivot 1/2 Turn Right,
- 4&5 Make ¼ Turn Right On Left, Step Right behind Left, Make a ¼ Turn Left Stepping Left
Forward (9 o'clock)
- 6-7 Step Forward on Right, Pivot 1/2 Turn Left,
- 8&1 Shuffle ½ Turn Left Stepping Right, Left Right, (9 o'clock)

Section 3

Sway 1/4 Left, Rock Recover 1/2 Turn Right, 1/2 Turn Right, Step Forward, 1/4 Turn Rock & Cross

- 2-3 Sway 1/4 Turn Left onto Left, Sway Right Taking Weight on Right, (6 o'clock)
- 4&5 Rock Back on Left, Recover Weight on Right, Make 1/2 Turn Right Stepping Back on Left,
- 6-7 Make 1/2 Turn Right Stepping Forward on Right, Step Forward on Left, (6 o'clock)
- 8&1 Rock Right Forward Make 1/4 Turn Left Recover Weight Left, Cross Right Over Left,

(Easy Option for 4&5 6-7)

- 4&5-6-7 (Rock Back & Recover Step Forward on Left, Walk Right Then Left Forward)

Section 4

Sway Left, Sway Right, Chasse, Cross Unwind Full Turn, Rock Back, & Recover

- 2-3 Sway Left, Sway Right,
- 4&5 Chasse Left Stepping Left, Right, Left,
- 6-7 Cross Right Over Left, Unwind a Full Turn Keeping Weight on Left Just Touching Right Next
To Left,
- 8& Rock Back on Right, Recover Weight on Left (3 o'clock)

(Easy Option for 6-7)

- 6-7 (Cross Right over Left, Step Back on Left)

Begin again.

Choreographer's Note

There are 2 Easy Tags - Both 8 Counts

First Tag: At the End of 2nd Wall Facing 6 o'clock

Second Tag: At the End of 4th Wall Facing 12 o'clock

Step Forward, Rock Recover Shuffle 1/2 Turn, Pivot 1/2 Turn, Step Forward &

- 1 Step Forward on Right,
- 2-3 Rock Forward on Left, Recover Weight on Right,
- 4&5 Shuffle 1/2 Turn Left Stepping Left, Right, Left,

6-7

Step Forward on Right, Pivot 1/2 Turn Left,

8&

Step Forward on Right, Bring Left Next To Right
