

Start, Change, Stop

拍數: 64 牆數: 4 級數: Improver
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音樂: Start, Change, & Stop - The Jive Aces



Forward, Clap, Back, Kick, Behind, Side, Cross, Hold.

1-2 Step Lf diagonally forward to L, lean forward slightly and clap hands
3-4 Recover onto Rf, Kick Lf to L side and click fingers at the same time
5-7 Cross Lf behind Rf, step Rf to R side, Cross Lf over Rf
8 Hold

Forward, Clap, Back, Kick, Behind, Side, Cross, Hold.

1-2 Step Rf diagonally forward to R, lean forward slightly and clap hands
3-4 Recover onto Lf, Kick Rf to R side and click fingers at the same time
5-7 Cross Rf behind Lf, step Lf to L side, Cross Rf over Lf
8 Hold

Rocking Chair, With Cross And Unwind 3/4 Turn R

1-2 Rock forward on Lf, recover onto Rf
3-4 Rock back on Lf, recover onto Rf
5-6 Cross Lf over Rf, start to unwind 3/4 turn R
7-8 finish unwinding (Completing 3/4 turn turn R)

Step Claps X2, And Jump Claps X2

1-2 Step Lf to L side angleing bum over to L, Clap
3-4 Step Rf to R side angleing bum over to R, Clap
5-6 Jump both feet back sticking bum out backwards, clap
7-8 Jump both feet back sticking bum out backwards, clap

Walks X2, Shortie George X4 (Forward)

1-2 Step forward on Rf, hold
3-4 Step forward on Lf hold
5-6 Walk forward on Rf, Walk forward on Lf
7-8 Repeat counts 5-6

Walks X2, Shortie George X4 (Making 1/2 Turn L)

1-8 Repeat above 8 counts, but making a semi circle

Lindy Kicks With Behind, Side, Kick Step, Making 1/2 Turn R

1-2 Kick Rf forward, bring Rf in toward L knee
3-4 Step back on R and drag Lf towards Rf, hold
5-6 Step back on Lf making a 1/4 turn R, make a 1/4 turn R and step forward on R
7-8 Kick Lf forward, step down on to Lf

Lindy Kicks With Behind, Side, Frog, Making A 1/2 Turn R, Hold

1-2 Kick Rf forward, bring Rf in toward L knee
3-4 Step back on R and drag Lf towards Rf, hold
5-6 Step back on Lf making a 1/4 turn R, make a 1/4 turn R and step forward on R
7-8 Jump forward with both feet shoulder width apart, hold.

RESTART: on Wall 4 After car skid (change 1st lindy kicks for second lindy kicks section ending with Frog)

Enjoy and keep swinging!!!!

