

Started For Life

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Dom Yates (UK) - October 2012
音樂: Get It Started (feat. Shakira) - Pitbull



32 Count Intro (On Shakira Vocals)

2 Tags : Tag 1 (16 Counts) At End Of Walls 2&4, Tag 2 (4 Counts) At End Of Walls 5&6

[1-8] : Forward Rock, Ball Pivot ½ Turn, ¼ Turn, Weave, Side

1,2 Rock forward on right, recover onto left
&3,4 Step right next to left, step forward on left, pivot ½ turn right
5 Make ¼ turn right stepping left to side
6&7 Cross right behind left, step left to side, cross right over left
8 Step left to side

[9-16] : Sailor Step, Behind, ¼ Turn, Kick Out Out, Knee Pop ¼ Turn

1&2 Cross right behind left, step left in place, step right to side
3,4 Cross left behind right, make ¼ turn right stepping forward on right
5&6 Kick left forward, step left to side, step right to side
7,8 Pop right knee in, recover right making ¼ turn right

[17-24] : Forward Rock, ¾ Turn, Sailor ½ Cross, Hold Ball Cross

1,2 Rock forward on left, recover onto right
3,4 Make ½ turn left stepping forward on left, make ¼ turn left stepping right to side
5&6 Cross left behind right making ¼ turn left, step right in place, make ¼ turn left crossing left over right
7&8 Hold, step right to side, cross left over right

[25-32] : Side Rock, Behind, Side Rock, Behind, ¼, ¼

1,2 Rock right to side, recover onto left
3,4 Cross right behind left, rock left to side
5,6 Recover onto right, cross left behind right
7,8 Make ¼ turn right stepping forward on right, make ¼ turn right stepping left to side

[33-40] : Sailor Step, Cross Point, Samba, ¼ Turn

1&2 Cross right behind left, step left in place, step right to side
3,4 Cross left over right, point right to side
5&6 Cross right over left, rock left to side, recover onto right
7,8 Cross left over right, make ¼ turn left stepping back on right

[41-48] : Coaster Step, Step, ½ Turn, Back Rock, Full Turn

1&2 Step back on left, step right next to left, step forward on left
3,4 Step forward on right, make ½ turn right stepping back on left
5,6 Rock back on right, recover onto left
7,8 Make ½ turn left stepping back on right, make ½ turn left stepping forward on left

[49-56] : Forward Rock, Coaster Step, Step Pivot ¼, Cross, Side

1,2 Rock forward on right, recover onto left
3&4 Step back on right, step left next to right, step forward on right
5,6 Step forward on left, pivot ¼ turn right
7,8 Cross left over right, step right to side

[57-64] Weave ¼ Turn, Step Touch, ¾ Turn, Coaster Step

1&2 Cross left behind right, make ¼ turn right stepping forward on right, step forward on left
3,4 Step forward on right, touch left next to right
5,6 Make ½ turn left stepping forward on left, make ¼ turn left stepping back on right
7&8 Step back on left, step right next to left, step forward on left

Start Again

Tag 1 (End Of Walls 2 & 4)

[1-8] : Step, Forward Rock, Step Back, Weave ¼ Turn, Side Rock

1,2,3,4 Step forward right, rock forward on left, recover onto right, step back on left
5&6 Make ¼ turn left crossing right behind left, step left to side, cross right over left
7,8 Rock left to side, recover onto right

[9-16] : Weave, Side, Touch, ¾ Turn, Coaster Step

1&2 Cross left behind right, step right to side, cross left over right
3,4 Step right to side, touch left next to right
5,6 Make ¼ turn left stepping forward on left, make ½ turn stepping back on right
7&8 Step back on left, step right next to left, step forward on left

Tag 2 (End Of Walls 5 & 6): Rocking Chair

1,2,3,4 Rock forward on right, recover onto left, rock back on right, recover onto left
