

Start, Change, and Stop

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: MJ Murphy - November 2012
音樂: Start, Change, & Stop - The Jive Aces



Section One: STEP, CLAP, SAILOR(8 counts)

1,2 Step left to left, hold and clap
3,4 Left sailor step
5,6 Step right to right, hold and clap
7,8 Right sailor step

Section Two: STEP FORWARD, TOGETHER, STEP TO RIGHT, TOGETHER, 3/4 TURN (8 counts)

1,2 Big step forward on left, bring right beside left
3,4 Big step to side on right, bring left beside right
5,6 Kick left foot forward, hook left foot behind right
7,8 3/4 turn to left, hold

Section Three: BOOTIE BUMPS BACK, HIP, HIP, PENGUIN WALK FORWARD (8 counts)

1,2 Both feet hop back twice with bootie leading
3,4 Stick left hip out to side, stick right hip out to side
5,6 Penguin walk forward left, right
7,&,8,& Fast Penguin walk forward, left, right, left, right

Section Four: PENGUIN WALK WITH HALF TURN, KICK, TOE, HEEL,TOE (8 counts)

1,2 Penguin walk left, right with 1/2 turn over right shoulder
3,&,4,& Fast Penguin walk forward, left, right, left, right
5,6 Kick left foot forward and land wide
7,&,8 toes turn towards midline, heels turn towards midline, toes turn towards midline

Restart: End of fourth sequence, drop the last 4 beats (kick, toe, heel, toe) and restart.

No tags

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