

Restart

拍數: 144 牆數: 1 級數: Phrased Intermediate
編舞者: Judy Sides (USA) - July 2014
音樂: Restart - Newsboys



Start after 16 count intro □□□□

SEQUENCE: A, B, TAG 1, A, B, B, C, C, C, C, TAG 2, B, B

SECTION A – 96 COUNTS:

CHASSE, ROCK RECOVER, ROCKING CHAIR

- 1 & 2 Chasse: step right to side, step left next to right, step right to side
- 3 – 4 Rock left behind right, recover on right
- 5 – 8 Rock left forward to left diagonal, recover on right, rock left back to right diagonal, recover on right (12)

VINE WITH ¼ TURN STEP FORWARD, TURN ¼, HITCH, STEP SIDE TOUCH IN, OUT, IN

- 1 – 4 Step left to side, step right behind left, turn ¼ left and step left forward, turn ¼ left and hitch right
- 5 – 6 Step right to side, touch left next to right
- 7 – 8 Touch left to side, touch left next to right (6)

CHASSE, ROCK RECOVER, ROCKING CHAIR

- 1 & 2 Chasse: step left to side, step right next to left, step left to side
- 3 – 4 Rock right behind left, recover on left
- 5 – 8 Rock right forward to right diagonal, recover on left, rock right back to left diagonal, recover on left (6)

VINE WITH ¼ TURN STEP FORWARD, TURN ¼, HITCH, STEP SIDE TOUCH IN, OUT, IN

- 1 – 4 Step right to side, step left behind right, turn ¼ right and step right forward, turn ¼ right and hitch left
- 5 – 6 Step left to side, touch right next to left
- 7 – 8 Touch right to side, touch right next to left (12)

WALK FORWARD 2X, TRIPLE FORWARD, ROCK FORWARD, RECOVER, ROCK SIDE, RECOVER

- 1 – 2 Walk forward right, left
- 3 & 4 Triple step forward right, left, right
- 5 – 6 Rock left forward, recover on right
- 7 – 8 Rock left to side, recover on right (12)

WALK BACK 2X, TRIPLE BACK, ROCK BACK RECOVER, ROCK SIDE, RECOVER

- 1 – 2 Walk back left, right
- 3 & 4 Triple step back left, right, left
- 5 – 6 Rock right back, recover on left
- 7 – 8 Rock right side, recover on left (12)

STEP FORWARD, HITCH ACROSS, TRIPLE ACROSS, WALK BACK 4X & RAISE HANDS UP

- 1 – 2 Step right forward, hitch left across right
- 3 & 4 Triple step left across right, step right to side, step left across right
- 5 – 8 Walk back right, left, right, left (raise hands over head) (12)

STEP SIDE TOGETHER SIDE, TOUCH, STEP SIDE TOGETHER SIDE TOUCH

- 1 – 4 Step right to side, step left beside right, step right to side, touch left

5 – 8 Step left to side, step right beside left, step left to side, touch right

Note: Hands overhead, move hands to right as you step right, left as you step left, and right as you step right; then reverse. Hold on counts 4 and 8. (12)

ROCKS: FORWARD, RECOVER, SIDE, RECOVER, BACK, RECOVER, TRIPLE STEP FORWARD PG. 2

1 – 4 Rock right forward, recover on left, rock right to side, recover on left

5 – 6 Rock right back, recover on left

7 & 8 Triple step forward right, left, right (12)

ROCKS: FORWARD, RECOVER, SIDE, RECOVER, BACK, RECOVER, TRIPLE STEP FORWARD

1 – 4 Rock left forward, recover on right, rock left to side, recover on right

5 – 6 Rock left back, recover on right

7 & 8 Triple step forward left, right, left (12)

STEP ACROSS, STEP BACK, STEP BACK, KICK FORWARD, STEP ACROSS, STEP BACK, STEP BACK, KICK FORWARD

1-2 Step right across left, step left back

3-4 Step right back, kick left across right

5-6 Step left across right, step right back

7-8 Step left back, kick right across (12)

PIVOT ½ TURN, PIVOT ½ TURN, ROCKING CHAIR

1 – 4 Step right forward, turn ½ left, recover on left, step right forward, turn ½ left, recover on left (12)

5 – 8 Rock right forward, recover on left, rock right back, recover on left

SECTION B – 32 COUNTS (CHORUS):

TOUCHES FRONT, SIDE, BACK, SIDE, ROCK FORWARD, RECOVER, TURN ½ TRIPLE STEP FORWARD

1 – 4 Touch right forward, touch right side, touch right back, touch right side

5 – 6 Rock right forward, recover on left

7 & 8 Turn ½ right and triple step forward right, left, right (6)

TOUCHES FRONT, SIDE, BACK, SIDE, ROCK FORWARD, RECOVER, TURN ¼ TRIPLE STEP FORWARD

1 – 4 Touch left forward, touch left side, touch left back, touch left side

5 – 6 Rock left forward, recover on right

7 & 8 Turn ¼ left and chasse step left to side, step right next to left, step left to side (3)

TOUCHES FRONT, SIDE, BACK, SIDE, ROCK FORWARD, RECOVER, TURN ½ TRIPLE STEP FORWARD

1 – 4 Touch right forward, touch right side, touch right back, touch right side

5 – 6 Rock right forward, recover on left

7 & 8 Turn ½ right and triple step forward right, left, right (9)

ROCK FORWARD, RECOVER, COASTER STEP, PIVOT TURN ½, PIVOT TURN ¼

1 – 2 Rock left forward, recover on right

3 & 4 Step left back, step right next to left, step left forward (9)

5 – 8 Step right forward, pivot ½ left, recover on left, step right forward, pivot ¼ left, recover on left (12)

TAG #1 (8-COUNTS), occurs at the end of the first B:

BIG STEP SIDE, HOLD, ROCK BACK RECOVER; BIG STEP SIDE, HOLD, ROCK BACK RECOVER

1 – 4 Big step right to side, hold count 2, rock left back of right, recover on right

5 – 8 Big step left to side, hold count 6, rock right back of left, recover on left

SECTION C – 16 COUNTS (after 4-count pause):□□□□□

VINE: SIDE, BEHIND, SIDE, CROSS, STEP SIDE, TOUCH, STEP SIDE, TOUCH

- 1 – 4 Step right to side, step left behind right, step right to side, step left across right
5 – 8 Step right to side, touch left next to right, step left to side, touch right next to left (12)

ROCKING CHAIR, STEP FORWARD, TURN 1/8, STEP FORWARD, TURN 1/8

- 1 – 4 Rock right forward, recover on left, rock right back, recover on left
5 – 8 Step right forward, pivot turn 1/8th left, step right forward, pivot turn 1/8th left (6)

TAG #2 (12-COUNTS), occurs at end of fourth C, facing 12:

BIG STEP SIDE, HOLD, ROCK BACK RECOVER; BIG STEP SIDE, HOLD, ROCK BACK RECOVER, STEP TOUCH, STEP TOUCH

- 1 – 4 Big step right to side, hold count 2, rock left back of right, recover on right
5 – 8 Big step left to side, hold count 6, rock right back of left, recover on left
9 – 12 Step right to side, touch left next to right, step left to side, touch right next to left

SMILE, P.T.L. AND HAVE FUN!

Contact: exersides@gmail.com
