Just Begun

級數: Intermediate NC

編舞者: Jamie Barnfield (UK) - May 2025

音樂: We've Only Just Begun - Bat for Lashes : (iTunes & Amazon)



牆數: 2

SEC 1 SIDE, BEHIND, SIDE, CROSS ROCK, ¼ STEP, STEP, STEP ½ PIVOT STEP, FULL TURN

- 1-2& Step right to right side, cross left behind right, step right to right side
- 3-4 Cross rock left over right, recover on right
- &5 1/4 turn left stepping forward on left, step forward on right (9:00)
- 6&7 Step forward on left, pivot $\frac{1}{2}$ right, step forward on left (3:00)
- 8& ¹/₂ turn left stepping back on right, ¹/₂ turn left stepping forward on left (3:00)

SEC 2 ¼ NIGHTCLUB BASIC, NIGHTCLUB BASIC, SWAY, SWAY, NIGHTCLUB BASIC

- 1-2& ¹/₄ turn left stepping right to right, rock back on left, recover on right slightly crossed (12:00)
- 3-4& Step left to left side, rock right behind left, recover on left slightly crossed over
- 5-6 Step right to right side swaying right, sway left
- 7-8& Large step right to right, rock back on left, recover on right slightly crossed

SEC 3 ¼ STEP SWEEP, CROSS ½ HINGE, ¼ MAMBO STEP, BACK ROCK, ½ RECOVER SWEEP, WEAVE

- 1 ¹/₄ turn left stepping forward on left sweeping right from back to front (9:00)
- 2&3 Cross right over left, ¼ turn right stepping back on left, ¼ turn right stepping right to right side (3:00)
- 4&5 1⁄∞ turn right rock forward on left, recover on right, step back on left drag right towards left (4:30)
- 6-7 Rock back onto right sitting into right hip, ½ turn right recovering on left sweeping right from front to back (10:30)
- 8&1 Cross right behind left, step left to left side, step forward on right

SEC 4 WALK, WALK, SIDE TOGETHER CROSS, ½ HINGE, CROSS, FULL SPIRAL, SIDE

- 2-3 Step forward on left, step forward on right
- 4&5 1/2 turn right stepping left to left side, close right next to left, cross left over right (12:00)
- 6& ¹/₄ turn left stepping back on right, ¹/₄ turn left stepping left to left side (6:00)
- 7 Cross right over left
- 8& Unwind spiral full turn left transferring weight onto right, step left to left side (6:00)

SEC 5 SYNCOPATED CROSS ROCKS, STEP, STEP, FULL TURN SWEEP, BACK ROCK

- 1-2& Cross rock right over left, recover on left, step right slightly to right
- 3-4& Cross rock left over right, recover on right, step left slightly to left

(* Restart Here on Wall 3, see note at the end of the step sheet)

- 5 Step forward on right
- 6&7 Step forward on left, pivot ½ right, ½ turn right stepping back on left sweeping right front to back (6:00)
- 8& Rock right behind left, recover on left

SEC 6 SIDE, BEHIND ¼ STEP, STEP, ¼ PIVOT, CROSS, SIDE ROCK, SAILOR ½ CROSS, LUNGE

- 1,2& Step right to right side, cross left behind right, ¼ turn right stepping forward on right (9:00)
- 3&4 Step forward on left, pivot ¼ right, cross left over right (12:00)
- 5 Rock right to right side angling to left diagonal keeping toes on the floor
- 6 Recover on left squaring up to front wall sweeping right back
- 7&8 ¹/₂ turn right crossing right behind left, step left to left side, cross right over left (6:00)





拍數: 48

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* Restart during Wall 3: Replace count 3-4& in section 5 with the following then restart 3-4 Cross left over right, hold raising your right hand slowly from waist up)