

Started Growing

拍數: 32 牆數: 4 級數: High Improver
編舞者: Natasha Revita (INA) - June 2025
音樂: Roses - Jenna Raine



Restart on wall 2 & wall 4 after 16 counts

INTRO (32 Counts)

S1. CROSS POINT FORWARD, CROSS POINT BACKWARD

- 1-2 Step RF cross over LF to left diagonal, point LF toe to left side
- 3-4 Step LF cross over RF to right diagonal, point RF toe to right side
- 5-6 Step RF back to left diagonal, point LF toe to left side
- 7-8 Step LF back to right diagonal, point RF toe to right side

S2. ROCK FORWARD, COASTER STEP

- 1-2 Rock RF forward, recover on LF
- 3&4 Step RF back, step LF beside RF, step RF forward
- 5-6 Rock LF forward, recover on RF
- 7&8 Step LF back, step RF beside LF, step LF forward

S3. BASIC STEP SIDE WITH HIP BUMP

- 1-2 Step RF to right side, step LF next to RF
- 3-4 Step RF to right side, touch LF next to RF with hip bump
- 5-6 Step LF to left side, step RF next to LF
- 7-8 Step LF to left side, touch RF next to LF with hip bump

S4. PIVOT 1/2 (2X), SWAY

- 1-2 Step RF forward, 1/2 turn left step LF in place
- 3-4 Step RF forward, 1/2 turn left step LF in place
- 5-6 Step RF to side weight on booth feet sway hip to right
- 7-8 Weight on booth feet sway hip to left

~

Main dance

SECTION I: WALK FORWARD, FORWARD MAMBO, SIDE MAMBO

- 1-2 RF walk, LF walk
- 3&4 Step RF forward, recover on LF, step RF close beside LF
- 5&6 Step LF to left, recover on RF, close LF beside
- 7&8 Step RF to right, recover on LF, close RF beside

SECTION II: VOLTA TURN, SAMBA STEP, PIVOT 1/4

- 1 a 2 Turn 1/2 left crossing LF over RF, Step on ball of RF slightly behind LF, Turn 1/4 left crossing LF over RF
- 3&4 Cross RF over LF, rock LF to side, recover on RF
- 5&6 Cross LF over RF, rock RF to side, recover on LF
- 7-8 Step RF forward, 1/4 turn left step LF in place

SECTION III: DIAGONAL FORWARD WITH HIP BUMP, DIAGONAL BACKWARD WITH HIP BUMP, ROLLING GRAPEVINE

- &1&2 Jump right forward to diagonal right, touch LF beside RF, bump left hip up-down
- &3&4 Jump left back to diagonal left, touch RF beside LF, bump right hip up-down
- 5-6 1/4 turn right step RF forward, 1/2 turn right step LF back
- 7-8 1/4 turn right step RF to side, close LF beside RF

SECTION IV: 1/4 TURN L SIDE / ROLL HIP, TOUCH, SIDE/ROLL HIP, TOUCH, V Step

- 1-2 1/4 turn left stepping RF to side with rolling hip, touch LF to side
- 3-4 Step LF to side with rolling hip, touch RF to side
- &5-6 Step RF diagonal forward, Step LF diagonal forward, clap hands
- &7-8 Step RF back to centre, Step LF back to centre, clap hands

Dance with joy! Enjoy my choreo ☐☐☐☐
natasharevita@gmail.com
