

Moments

拍数: 32 墙数: 2 级数: Easy Intermediate
编舞者: Gaye Teather (UK) - May 2015
音乐: Moments - Emerson Drive



#16 count intro - Single track release available to download from iTunes

Mambo forward. Mambo back. Step. Pivot half turn Left. Step. Triple full turn Right (travelling forward)

- 1&2 Rock forward on Right. Recover onto Left. Step back on Right
- 3&4 Rock back on Left. Recover onto Right. Step forward on Left
- 5&6 Step forward on Right. Pivot half turn Left. Step forward on Right
- 7&8 Half turn Right stepping back on Left. Half turn Right stepping forward on Right. Step forward on Left (Facing 6 o'clock)

Together. Forward rock. Quarter turn Left behind-side-cross. Sway. Sway. Behind-side-cross

- &1 – 2 Step Right beside Left. Rock forward on Left. Recover onto Right
- 3&4 Quarter turn Left sweeping Left behind Right. Step Right to Right side. Cross Left over Right (Facing 3 o'clock)
- 5 – 6 Step Right to Right side swaying hips Right. Recover onto Left swaying hips Left
- 7&8 Cross Right behind Left. Step Left to Left side. Cross Right over Left

***At this point during wall 7 (facing 3 o'clock) add the following 2 counts and start again from beginning facing 12 o'clock.**

Quarter turn Left stepping forward on Left (1). Touch Right beside Left (2)

Side. Left. Cross rock. Side Right. Cross rock. Quarter turn Left. Right lock forward. Left side rock & cross

- &1 – 2 Small step to Left on Left. Cross rock Right over Left. Recover onto Left
- & 3 – 4 Small step to Right on Right. Cross rock Left over Right. Recover onto Right
- &5&6 Quarter turn Left stepping forward on Left. Step forward on Right. Lock Left behind Right. Step forward on Right (Facing 12 o'clock)
- 7&8 Rock Left to Left side. Recover onto Right. Cross Left over Right

Sway. Sway. Sailor step. Mambo half turn Left. Prissy walks/sweeps forward x 2

- 1 – 2 Step Right to Right side swaying hips Right. Recover onto Left swaying hips Left
- *At this point during walls 3 & 6 (facing 12 o'clock both times) add 2 extra sways and restart from beginning**
- 3&4 Cross Right behind Left. Step Left to Left side. Step forward on Right
- 5&6 Rock forward on Left. Recover onto Right. Half turn Left stepping forward on Left (Facing 6 o'clock)
- 7 – 8 Sweep Right over Left. Sweep Left over Right (travelling slightly forward)

Start again