In This Moment



拍数: 32 墙数: 4 级数: High Beginner

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音乐: In This Moment - Alison Yap

Intro: 16 Count

This dance is dedicated to my beloved teacher "Diba Munaf" You teach me right from wrong, Inspire me to be strong

(1-8) CROSS ROCK, SIDE, WEAVE, LUNGE, SIDE, 1/2 L TURN (WEIGHT ON RF), TOGETHER

12& Cross Rock RF over LF, Recover onto LF, Step RF to R

3&4& Cross LF over RF, Step RF to R, Cross LF behind RF, Step RF to R
 56& Lunge with LF fwd diagonal(1.30), Recover onto RF, Step LF to L
 78& Step RF fwd, Turn 1/2 L keep weight on RF, Close LF next to RF

(9-16) FWD WITH SWEEP, 1/4 L DIAMOND, 1/2 R PIVOT, 1/2 L PIVOT

12& Step Rf fwd sweeping LF back to front, Cross LF over RF, Step RF to R

Turn 1/8 L Stepping LF back, Step RF back, Step LF to L
Step RF fwd, Step LF fwd, Turn 1/2 R weight on RF
Step LF fwd, Step RF fwd, Turn 1/2 L weight on LF

(17-24) REPEAT (1-8)

(25-32) BASIC NIGHT CLUB 2X, 1/4 L TURN, COASTER STEP, PIVOT 1/4 L

Step RF to R, Close LF next to RF, Cross RF over LF Step LF to L, Close Rf next to LF, Cross LF over RF

56& Turn 1/4 L Stepping RF back, Step LF back, Close RF next to LF

78& Step LF fwd, Step RF fwd, Turn 1/4L weight on LF

Modified Restart

On wall 2 do only 16 count and add 2 count Tag:

12 Walk RL

Restarts: -

On wall 4 do only 8 count and restart from beginning On wall 6 do only 16 count and restart from beginning On wall 8 do only 24 count and restart from beginning

Ending: On wall 10 do only 24 count

