

Stay In This Moment

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate waltz
编舞者: Beth Webb (USA)
音乐: Stay In This Moment - Trick Pony



CROSS ROCKS, RECOVER, ROCK ½ TURNS

- 1-2-3 Cross rock right foot over left, recover to left foot, step right foot next to left foot
- 4-5-6 Repeat starting with left
- 1-2-3 Rock forward on right foot, recover to left foot turning ½ to right on ball of left foot, step forward right
- 4-5-6 Repeat starting with left

CROSS BALL CHANGE, DEVELOPE', BACK, VINE

- 1-2-3 Step right foot forward and across left foot, step left foot to left, step right foot slightly to right
- 4-5-6 Step left foot forward, bring right foot up next to left knee, straighten right knee so right foot kicks gently forward (point your toe)
- 1-2-3 Step right foot back, step left foot back, step right foot back
- 4-5&6 Cross left foot over right, step right foot to right side, cross left foot behind right, step right foot to right side

SIDE ROCK, ½ TURN RIGHT, TWINKLE ¼ TURN RIGHT

- 1-2-3 Cross left foot over right foot, rock right foot to right side, recover to left foot
- 4-5-6 Cross right foot over left foot, step to left on left foot and turn ¼ to right, turn another ¼ turn right and step right foot to right side
- 1-2-3 Step left foot forward and across right foot, step right foot to right side, step left foot slightly to left
- 4-5-6 Step right foot forward and across left foot, step left foot back while making ¼ turn to right, step right foot next to left foot

STEP TOUCHES, ½ TURN, RONDE WITH ½ TURN

- 1-2-3 Step left foot forward in front of right foot, touch right foot pointing out to right side, hold
- 4-5-6 Repeat starting with right
- 1-2-3 Step left foot back turning ¼ to left, turn another ¼ to left on ball of left foot and step forward with right foot, step left foot forward
- 4-5 Turn ½ to left on ball of left foot while sweeping right toe around while turning (taking two counts to complete turn)
- 6 Touch right foot next to left foot

REPEAT

TAG

At the end of wall three (happens only once)

TWO TWINKLES, BALANCE STEPS FORWARD AND BACK

- 1-2-3 Step right foot forward and across left foot, step left foot to left, step right foot slightly to right
- 4-5-6 Repeat starting with left
- 1-2-3 Step right foot forward, step left foot next to right foot, step right foot next to left foot
- 4-5-6 Step left foot back, step right foot next to left foot, step left foot next to right foot