

Catch This Moment

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Juliet Lam (USA) - April 2010
音乐: Now and Forever - Carole King : (Album: Colour Of Your Dreams)



Intro: 16 count.

Dedicated to my dear friend Ann Diveley

Sec 1: Side, Cross Rock, Recover, Sailor ¼ Turn Left, Step, Pivot ½ Turn Left, Forward Lock Step

1 Big step right to right side
2-3 Cross rock left over right, recover on right
4&5 ¼ turn left, sweep left behind right, step right to right side, step forward on left
6&7 Step forward on right, pivot ½ turn left, step forward on right
8&1 Step forward on left, lock step right behind left, step forward on left (3:00)

Sec 2: Forward Mambo Sweep, Behind Side Cross Sweep, Cross Rock, Recover ¼ Turn Right, Triple Full Turn Right

2&3 Rock forward on right, recover on left, step back on right & sweep left from front to back
4&5 Step left behind right, step right to right side, cross left over right & sweep right from back to front
6&7 Cross rock right over left, recover on left, make ¼ right stepping right forward
8&1 ½ turn right, stepping back on left, ½ turn right, stepping forward on right, step forward on left (6:00)

(Easy option: 8&1, Left foot shuffle forward)

Sec 3: Sway, Sway, Press, Kick, Sailor ¼ Turn Right, Forward Mambo

2-3 Step right to right side, sway right, left
4-5 Press right diagonally forward right, kick right foot to right diagonal (7:30)
6&7 ¼ turn right, sweep right behind left, step left to left side, step right to right side (9:00)
8&1 Rock forward on left, recover on right, step back on left

Sec 4: Back Mambo, Prissy Walkx2, ½ Reverse Rumba Box, Side Together

2&3 Rock back on right, recover on left, step forward on right
4-5 Prissy walk forward left, right
6&7 Step left to left side, step right next to left, step back on left
8& Step right on right side, step left next to right (9:00)

Restart: Begin 4th repetition facing (3:00) dance 15 counts up to cross rock, recover ¼ right, then STEP LEFT FORWARD and restart from the beginning. Restart facing (9:00).

Ending : Last wall do 29 counts (up to Press, Kick) then Sailor ½ turn R, walk forward L,R,L and pose.

Repeat & Enjoy!