

Feel This Moment

COPPER KNOB
STEPSHEETS

拍数: 128 墙数: 2 级数: Phrased Intermediate
编舞者: Wendy Loh (MY) - September 2013
音乐: Feel This Moment (feat. Christina Aguilera) - Pitbull



Dance starts after 4x8 (When Christina starts singing ^^)

Sequence : A BB CC AB CC ABB

PART A (8x8)

Section A1: Right Nightclub Basic, then Left

1-4 Step RF to side, Hold, Rock LF behind RF, Recover on RF
5-8 Step LF to side, Hold, Rock RF behind LF, Recover on LF (12:00)

Section A2 : Walk, Hold Walk, Hold, Step Forward, Pivot 1/2 L, Step Forward, Hold

1-4 Step RF forward, Hold, Step LF forward, Hold
5,6 Step RF forward, Turn 1/2 L weight on LF
7,8 Step RF forward, Hold (6:00)

Section A3: Left Nightclub Basic, then Right

1-4 Step LF to side, Hold, Rock RF behind LF, Recover on LF
5-8 Step RF to side, Hold, Rock LF behind RF, Recover on RF (6:00)

Section A4: , Walk, Hold, Walk, Hold Step Forward, Pivot 1/2 R, Step Forward, Hold

1-4 Step LF forward Hold, Step RF forward, Hold
5,6 Step LF forward, Turn 1/2 R weight on RF
7,8 Step LF forward, Hold (12:00)

Section A5: Body Roll, Sway Hip to Right then Left

1-4 Step RF to R & bend body down towards RF & slowly roll body upwards over 3 counts
5 .6 Sway hip to R, Hold
7,8 Sway hip to L, Hold (12:00)

Section A6: Right Cross, Hold, Step Back, Together, Left Cross, Hold, Step Back, Together

1,2 Cross RF over LF, Hold
3,4 Step LF back, Step RF together
5,6 Cross LF over RF, Hold
7,8 Step RF back, Step LF together (12:00)

Section A7: Step, Pivot 1/2 L, Out Out, Hip Roll

1,2 Step RF forward, Turn 1/2L weight on LF
3,4 Step RF forward, Step LF to side
5-8 Hip Roll twice anti-clockwise (6:00)

Section A8: Body Roll, Walk half circle.

1-4 Both feet in place, slightly bend both knees and slowly roll up to straighten body
5-8 Walk half circle to L starting on RF (doing shoulder shimmies) (12:00)

PART B (4X8)

Section B1: Out, Out, Body Roll, Step Touch, Step Touch

1,2 Step RF diagonally forward, Step LF to side
(Hand movement : Throw both hands out to Right then Left)
3,4 Both feet in place, bend body down & straighten up again

- 5,6 Step RF in place, Touch LF to side (with body roll)
 7,8 Step LF in place, Touch RF to side (with body roll) (12:00)

Section B2: Step Touch 2x, Kick Ball Point 2x

- 1,2 Step RF in place, Touch LF behind RF
(Shoulder movement : 1&2 : Lower R shoulder, Lift R shoulder, Lower R shoulder)
 3,4 Step LF to side, Touch RF behind LF
(Shoulder movement : 3&4 : Lower L shoulder, Lift L shoulder, Lower L shoulder)
 5&6 Kick RF forward, Ball Step on RF, Touch LF to side
(Hand movement : 5,6 Cross both hands in front of body, Throw both hands to side)
 7&8 Kick LF forward, Ball Step on LF, Touch RF to side (12:00)
(Hand movement : 7,8 Cross both hands in front of body, Throw both hands to side)

Section B3: Step Touch 2x, Step Together Step Touch

- 1,2 Step RF in place, Touch LF beside RF
(Hand movement : 1,2 : Hook R elbow to side, Swing R hand above head down to side)
 3,4 Step LF to side, Touch RF beside LF
(Hand movement : 5,6 : Hook L elbow to side, Swing L hand above head down to side)
 5,6 Step RF to side, Step LF together
(Hand movement : Swing both hands from middle and out to sides)
 7,8 Step RF to side, Touch LF beside RF (12:00)
(Hand movement : Swing both hands from middle and out to sides)

Section B4: 1/4 L Step Together, Knee Pop, Step Point, 1/4L Step Point

- 1,2 Turn 1/4 L & Step LF forward, Step RF together (9:00)
 3&4 With both feet in place, bend & push both knees to the side, Touch knees, Push knees out to side again
 5,6 Step RF forward, Touch LF to side
 7,8 Turn 1/4 L & Step LF forward, Touch RF to side (6:00)

PART C (4X8)

Section C1: Right Step Back with Ronde then Left, Step Touch 2x

- 1,2 Ronde RF from side to back, Step RF back
 3,4 Ronde LF from side to back, Step LF back
 5,6 Step RF diagonally forward, Touch LF beside RF
 7,8 Step LF diagonally forward, Touch RF beside LF (12:00)

Section C2: Touch Forward, Step Back, Side touch with Body Roll 2x, Knee Pop

- 1,2 Touch RF forward, Step RF back
 3,4 Touch LF to side , Hold
(Body movement : Forward body roll)
 &5,6 Step RF beside LF, Touch LF to side, Hold
(Body movement : Forward body roll)
 7 Step LF in place & Touch RF with R knee turn in towards L,
 8 Step RF in place & Touch LF with L knee turn in towards R (12:00)

Section C3: Cross Step 2x, Hip Circle Twice

- 1,2 Cross LF over RF, Step LF beside RF
 3,4 Cross RF over LF, Step RF to side
 5-8 Do Hip Circle twice anti-clockwise (12:00)

Section C4: Out Out In In, Step Forward, 1/2 Turn L, Step Forward, Together

- 1,2 Step RF diagonally out, step LF to side
 3,4 Step RF back, Step LF together
 5,6 Step RF forward, Turn 1/2 L weight on LF
 7,8 Step RF forward, Close LF together (6:00)

