One Shining Moment



拍數: 32 牆數: 4 級數: Easy Intermediate

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音樂: One Shining Moment - DJ Marc - Rumba Music



SESSION 1. SIDE - RECOVER - TOGETHER - HOLD - ROLLING VINE - HOLD (12.00)

1–2–3–4 Step/rock R to right side – Recover on L – Step R next to L – Hold

5-6-7-8 Turn ½ left, step on L (9) – Turn ½ left, step R to right side (6) – Turn ½ left, step L to left

side(12) - Hold

Optional: Step L to left side - Step R next to L - Step L to left side - Hold

SESSION 2. CROSS - RECOVER - 1/4 TURN - HOLD - 1/2 RUMBA BOX - HOLD (03.00)

1–2–3–4 Cross/rock R over L – Recover on L – Turn ¼ right, step R forward (3) – Hold

5–6–7–8 Step L to left side – Step R next to L – Step L forward – Hold

SESSION 3. ¼ TURN - RECOVER - ¼ TURN - HOLD - ¼ TURN - ½ TURN - FORWARD - HOLD (12.00)

1–2–3–4 Turn ¼ left, step R forward (12) – Recover on L – Turn ¼ right, step R to right side (3) – Hold

5–6–7–8 Turn ¼ right, step L forward (6) – Turn ½ right, stepping on R (12) – Step Lforward – Hold

SESSION 4. FORWARD - RECOVER - BACK - HOLD - WALK MAKING ¾ TURN - HOLD (03.00)

1–2–3–4 Step R forward in front of L – Recover on L – Long step R backward – Hold

5–6–7–8 Walk around L – R – L to the left making ¾ circle to face (3) – Hold

REPEAT

TAGS: There are two Tags, after wall 4 and 8 (facing 12.00 respectively) .. Please do as follows: (RIGHT & LEFT) SIDE, RECOVER, FORWARD, HOLD (12.00)

1–2–3–4 Step/rock R to right side – Recover on L – Step R in front of L – Hold

5–6–7–8 Step/rock L to left side – Recover on R – Step L in front of R – Hold

FORWARD, ¼ TURN, FORWARD, HOLD, FORWARD, ¼ TURN, CROSS, HOLD (12.00)

1–2–3–4 Step R forward – Turn ¼ left, stepping on L (9) – Step R forward - Hold

5–6–7–8 Step L forward – Turn ¼ right, stepping on R (12.00) – Cross L over R – Hold

SIDE, RECOVER, BACK, RECOVER (12.00)

1–2–3–4 Step/rock R to side – Recover on L – Step/rock R behind L – Recover on L

ENJOY AND HAPPY DANCING

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