

For This Moment (Für diesen Moment)

COPPER **KNOB**
BY STEPHEN

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Tom Inge Soenju (NOR) & Manuela Gustavsson (SWE) - July 2024
音樂: Für diesen Moment - Alexander Eder



Intro: 32 counts.

Sequence: Repeating sequence.

Tag/Restart: No tags or restarts.

End: Dance as normal until music ends and pose.

SECTION 1: V-STEP, TOE STRUT x2

1-2-3-4 Step RF fwd to R diagonal, Step LF to L side, Step RF back to centre, Step LF next to RF

5-6-7-8 Touch RF fwd, Step R heel down, Touch LF fwd, Step L heel down

SECTION 2: STEP-POINT x2, 1/4 JAZZ BOX CROSS TURN

1-2-3-4 Step RF fwd, Point LF to L side, Step LF fwd, Point RF to R side

5-6-7-8 Cross RF over LF, Step LF back, 1/4 R turn stepping RF to R side, Cross LF over RF

SECTION 3: (STEP, HOLD, BALL-STEP, TOUCH) x2

1-2&3-4 Step RF to R side, Hold, Step ball of LF next to RF, Step RF to R side, Touch LF next to RF

5-6&7-8 Step LF to L side, Hold, Step ball of LF next to L, Step LF to L side, Touch RF next to LF

SECTION 4: ROCKING CHAIR, STEP, 1/2 L HEEL BOUNCE TURN

1-2-3-4 Rock RF fwd, Recover weight onto LF, Rock RF back, Recover weight onto LF

5-6-7-8 Step RF fwd, Make a 1/2 L turn bouncing heels up and down on each count (3 times) (finish with weight on L)

Start again and enjoy! Happy Dancing!

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