

Moments

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Jill Lowe
音樂: From This Moment On (Tempo Mix) - Shania Twain



ROCK STEP, COASTER, ½ TURN, SHUFFLE

- 1-2 Rock forward on right, back on left
- 3-4 Step back on right, step left foot to right, step forward right
- 5-6 Step forward left ½ to right weight on right foot
- 7-8 Shuffle forward left right left

ROCK STEP, ¼ TURN, SHUFFLE, ½ TURN, STEP LOCK

- 9-10 Rock side right, weight back on left turning ¼ left
- 11-12 Shuffle forward right left right
- 13-14 Step forward left ½ turn to right weight on right
- 15-16 Step lock step, left right left

TOE HEEL, REPEAT

- 17-18 Moving to right side right toe to left instep, right heel to left instep
- 19-20 Repeat steps 17-18

ROCK STEP CROSS, ROCK STEP CROSS, ROCK STEP CROSS, HOLD.

- 21-22 Rock to right side right foot, weight back on left, cross right over left
- 23-24 Rock to left side left foot, weight back on right, cross over right
- 25-26 Rock to right, weight back on left
- 27-28 Cross right over left, hold

ROCK STEP CROSS, HOLD, ROCK FORWARD & BACK, PADDLE 1/8TH

- 29-30 Rock to left, weight back on right
- 31-32 Cross left over right, hold
- 33&34& Rock forward right, in place left rock back on right, in place left
- 35-36 Two paddle steps turning left, moving right foot (rotating knee to left circling)

PADDLE 1/8TH, ROCK STEP CROSS, ROCK STEP CROSS

- 37-38 Repeat 35-36
- 39&40& Step diagonally right on right, in place on left, cross right over left
- 41-42 Step diagonally left on left, in place on right, cross left over right

ROCK STEP, ½ SPIN, ROCK KICK

- 43&44& Rock forward right, in place left back on right in place left
- 45-46 Spin ½ turn left on left foot
- 47-48 Rock back on right, kicking left foot diagonally in air, forward on left

REPEAT