

A Single Moment

拍數: 48 牆數: 4 級數: Intermediate / Advanced
編舞者: Aiden Montgomery (UK)
音樂: Couldn't Last a Moment - Collin Raye



SIDE, SLIDE, AND CROSS, ¼ TURN, BUMPS X4

1-2 Step right to right side, slide left towards right (don't slide all the way together)
&-3 Step left foot back, cross right over left
4 Step left to left side making ¼ turn left
5& Touch right toe forward bumping hips forward, bump hips back
6& Bump hips forward, bump hips back
7& Bump hips forward, bump hips back
8 Bump hips forward

ROCK, RECOVER, BACK, LOCK, BACK, SWEEP ½ TURN RIGHT, STEP, LOCK, STEP

1-2 Rock left foot forward, recover weight to right
3&4 Step left foot back, lock right over left, step left foot back
5-6 Sweep right foot ½ turn right, weight ending up on right foot
7&8 Step left foot forward, lock right behind left, step left foot forward

ROCK, RECOVER, BACK, LOCK, BACK, SWEEP ½ TURN LEFT, TOUCH FORWARD, SIDE

1-2 Rock right foot forward, recover weight to left
3&4 Step right foot back, lock left over right, step right foot back
5-6 Sweep left foot ½ turn left, weight ending up on left foot
7-8 Touch right toe forward, touch right toe to right side

SAILOR TURN ¼ RIGHT, TOUCH FORWARD, SIDE, SAILOR TURN ¼ LEFT, ROCK RECOVER

1&2 Cross right behind left, step left to left side, step right to right side making ¼ turn right
3-4 Touch left toe forward, touch left toe to left side
5&6 Cross left behind right, step right to right side, step left to left side making ¼ turn left
7-8 Rock forward on right, recover weight to left

½ TURN RIGHT, LEFT, RIGHT, ROCK AND RECOVER, TOUCH ¼ TURN, CROSS SHUFFLE

1&2 ½ turn right, stepping right left right

Optional 1 ½ turn right on right left right

3&4 Rock left forward, recover weight to right, step left foot back
5-6 Touch right toe back, ¼ turn right weight remaining on left
7&8 Cross right over left, step left to left side, cross right over left

STEP BACK, SIDE, FORWARD, STEP, LOCK, STEP ¼ TURN RIGHT, SIDE, BEHIND, SIDE, IN FRONT, SIDE, ROCK, RECOVER

1-2 Step left foot back, step right to right side
3 Step left foot forward
4&5 Step right foot forward, lock left behind right, step right foot forward turning ¼ right
&6& Step left to left side, cross right behind left, step left to left side
7& Cross right over left, step left to left side
8& Rock back on right foot, recover weight to left

REPEAT