

# From This Moment

**COPPER** **KNOB**  
BY STEPHEN

**Compte:** 32

**Mur:** 4

**Niveau:** Improver

**Chorégraphe:** Wiesye Baraoh (INA) - May 2019

**Musique:** From This Moment (Uptempo Remix) by Shania Twain



**Sequence:** 32, 28, 32, 24, 32, 32, 16, 32, 32, 24, 32, 32, 24, 32, 32, 24 Ending

## **Session 1 : RIGHT LINDY STEP, LEFT LINDY STEP**

- 1 & 2 Step R to R side, Step L to next R, Step R to R side
- 3 4 Step L cross behind R, Recover on R
- 5 & 6 Step L to L side, Step R to next L, Step L to L side
- 7 8 Step R cross behind L, Recover on L

## **Session 2 : SHUFFLE FORWARD, FORWARD, RECOVER, ½ TURN LEFT SHUFFLE FORWARD, CROSS, RECOVER**

- 1 & 2 Step R forward, Step L to next R, Step R forward
- 3 4 Step L Forward, Recover on R
- 5 & 6 ½ turn Left – Step L forward, Step R to next L, Step L forward
- 7 8 Step R cross over L, Recover on L

## **Session 3: SIDE, CROSS, SIDE, BEHIND, ¼ TURN RIGHT-FORWARD, FORWARD, ½ TURN RIGHT-FORWARD, SHUFFLE FORWARD**

- 1 2 & 3 4 Step R to R side, Step L cross over R, Step R to R side, Step L cross behind R, ¼ turn Right-Step R Forward
- 5 6 Step L Forward, ½ turn Right-Step R Forward
- 7 & 8 Step L forward, Step R to next L, Step L forward

## **Session 4: ROCKING CHAIR (2X)**

- 1 2 3 4 Step R forward, Recover on L, Step back on R, Recover on L
- 5 6 7 8 Step R forward, Recover on L, Step back on R, Recover on L

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