

Moment In The Sunshine

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Hayley Wheatley (UK) & Heather Freeman (UK) - April 2015
音乐: Something Good - The Overtones : (Album: Sweet Soul Music)



Music Available from iTunes, Google Play and Amazon

Intro: 32 counts

S1: HEEL GRIND, BEHIND, SIDE, CROSS SHUFFLE, SIDE ROCK ¼ TURN,

- 1-2 Dig right heel into floor, toes pointing left, swivel toes to right
- 3-4 Step right foot behind left, step left foot to left side
- 5&6 Cross right foot over left, step left foot to left side, cross right foot over left
- 7-8 Rock out on left foot to left side, recover on right turning ¼ turn right (3:00)

S2: FULL TURN, ROCKING CHAIR, CROSS BACK,

- 1-2 Step back on left foot pivoting ½ turn right, step forward on right foot pivoting ½ turn right
- 3-4 Rock forward on left foot, recover onto right
- 5-6 Rock back on left foot, recover onto right
- 7-8 Cross left foot over right, step back on right foot

S3: HIP BUMPS, CHASSE LEFT, CROSS BACK, HIP BUMPS,

- 1-2 Bumps hips to the left, bump hips to the right
- 3&4 Step left foot to left side, close right foot next to left, step left foot to left side
- 5-6 Cross right foot over left, step back on left foot
- 7-8 Bumps hips to the right, bump hips to the left

(Restart here from beginning on Wall 3)

S4: CHASSE ¼ TURN RIGHT, STOMP HOLD, STOMP, PIVOT ½ TURN, WALK, WALK

- 1&2 Step right foot to right side, close left next to right, step right foot to right side making ¼ turn right
- 3-4 Stomp left foot forward, hold
- 5-6 Stomp right foot forward, Pivot ½ turn left
- 7-8 Walk forward on right foot, walk forward on left foot (12:00)

S5: CROSS POINT, CROSS POINT, JAZZ BOX CROSS

- 1-2 Cross right foot over left, point left foot to left side
- 3-4 Cross left foot over right, point right foot to right side
- 5-6 Cross right foot over left, step back on left foot
- 7-8 Step right foot to right side, cross left foot over right

(Tag/restart here on Wall 6)

S6: FIGURE OF EIGHT GRAPEVINE

- 1-2 Step right foot to right side, step left foot behind right
- 3-4 Step right foot to right side turning ¼ right, step forward on left
- 5-6 Turn ½ right stepping on right, turn ¼ right stepping on left
- 7-8 Step right foot behind left, step left foot to side turning ¼ left (9.00)

S7: STEP TOUCH, STEP TOUCH, STEP TOUCH, STEP TOUCH

- 1-2 Step forward on right foot to right diagonal, touch left foot next to right, clap
- 3-4 Step back on left foot to left diagonal, touch right foot next to left, clap
- 5-6 Step back on right foot to right diagonal, touch left foot next to right, clap
- 7-8 Step forward on left foot to left diagonal, touch right foot next to left, clap

(Restart here from beginning on wall 5)

S8: POINT HOLD, POINT HOLD, PIVOT ¼ STEP, POINT SIDE, CLAP

1-2 & Point right foot to right side, hold, step right foot next to left
3-4 & Point left foot to left side, hold, step left foot next to right
5-6 Step forward on right foot, turn ¼ left stepping on left foot
7-8 Touch right toe to right side, hold with a clap (6.00)

RESTARTS:-

Wall 3 – Restart dance from the beginning after 24 counts

Wall 5 – Restart dance from the beginning after 56 counts

TAG: Wall 6 – add a 4 count Tag after 40 counts – walk round a full turn over the right stepping right, left, right, left – then Start from the beginning of the dance

FINISH: Dance ends facing 3 o'clock on section 7 – on counts 7-8 of this section turn a quarter left to face the front wall stepping on the left foot, touching right next to left – Ta da!

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