

Onny Momento

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Phrased Intermediate
编舞者: Dwight Meessen (NL) & Ann-Kristin Sandberg (NOR) - July 2015
音乐: Un Momento - Onny



Starts after count 32(instrumental) - Sequence: A-B- B-B- A-B- B-B- A

A – 32 counts

Section A1: Paddle ½ Turn Left(using hips), Rock, &, Rock, &, Pivot ½ Turn Left, R Fwd, L Touch Behind, Recover, R Heel Forward, Recover and Flick L Back

1&2& Step RF forward, paddle ¼ turn left(&)(9). Step RF forward, paddle ¼ turn left(&)(6)
3&4& Rock RF forward, recover weight on LF(&). Rock RF back, recover weight on LF(&)
5&6& Step RF forward, pivot turn ½ left(&)(12). Step RF forward, touch LF behind RF(&)
7&8 Recover LF, RF heel forward(&) Recover RF and flick LF back

Section A2: Paddle ½ Turn Right(using hips), Rock, &, Rock, &, Pivot ½ Turn Right, L Fwd, R Touch Behind Recover, L Heel Forward, Recover and Flick R Back

1&2& Step LF forward, paddle ¼ turn right (&)(3). Step LF forward, paddle ¼ turn right (6)
3&4& Rock LF forward, recover weight on RF(&). Rock LF back, recover weight on RF(&)
5&6& Step LF forward, pivot ½ turn right(&)(12). Step LF forward, touch RF behind LF(&)
7&8 Recover RF, LF heel forward(&). Recover LF and flick RF back

Section A3: R Side, Together, R Side, L Rock Fwd, Recover, L Rock Back, Recover, Pivot ½ Turn Right L Step Fwd, Pivot ½ Turn Left, R Step Fwd and Flick L Back

1&2 Step RF to right side, step LF beside RF(&), step RF to right side
3&4& Rock LF forward, recover weight on RF(&). Rock LF back, recover weight on RF(&)
5&6 Step LF forward, pivot ½ turn right(&), step LF forward(6)
7&8 Step RF forward, pivot ½ turn left(&), step RF forward and flick LF back(12)

Section A4: L Side, Together, L Side, R Rock Fwd, Recover, R Rock Back, Recover, Pivot ½ Turn Left, R Step Fwd, Pivot ½ Turn Right, L step Fwd

1&2 Step LF to left side, step RF beside LF(&), step LF to left side
3&4& Rock RF forward, recover weight on LF(&). Rock RF back, recover weight on LF(&)
5&6 Step RF forward, pivot ½ turn left(&), step RF forward(6)
7&8 Step LF forward, pivot ½ turn right(&), step LF forward(12)

B – 32 counts

Section B1: Side Recover, Kick, Beside, Side Recover , Kick, Beside, Mambo steps

1&2& Step R to R side, Recover onto L, Kick R forw, Step R next to L
3&4& Step L to L side, Recover onto R, Kick L forw, Step L next to R
5&6 Step R forw, Recover onto L, Step R back
7&8 Step L back, Recover onto R, Step L forw

Section B2: Forw, Pivot ½ turn L, Forw, ½ turn R, ½ turn R, Forw, Step Recover, Shuffle back & Kick

1&2 Step R forw, Pivot ½ turn L, Step R forw (6)
3&4 ½ turn R stepping L back, ½ turn R Stepping R forw, Step L forw (6)
5&6 Step R forw, Recover onto L, Step R back
7&8 Step L back, Step R next to L, Step L back & kick R forw at same time

Section B3: Back Recover, Forw, Side Recover, Forw, Paddle turns L, Beside

1&2 Step R back, Recover onto L, Step R forw
3&4 Step L to L side, Recover onto R, Step L forw
5&6& Step R to R side, Recover onto L, ¼ turn L stepping R to R side, Recover onto L (F 03)

7&8 ¼ turn L stepping R to R side, Recover onto L, Step R next to L (12) = paddle turns

Section B4: Side Recover, Forw, Side Recover, Forw, Paddle turns R, Beside

1&2 Step L to L side, Recover onto R, Step L forw

3&4 Step R to R side, Recover onto L, Step R forw

5&6& Step L to L side, Recover onto R, ¼ turn R stepping L to L side, Recover onto R (F 9)

7&8 ¼ turn R stepping L to L side, Recover onto R, Step L next to R (6)

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