

# Seize the Moment

拍数: 32      墙数: 2      级数: Intermediate  
编舞者: Joyce Plaskett (UK) & Dave Morgan (UK) - March 2016  
音乐: Nothing Really Matters - Mr. Probz : (iTunes)



## Section 1. Step forward Right, step ½ pivot, step, full turn Left, Step forward Right, step ½ pivot, step, full turn.

1,2&3      Step forward on right (1), step forward on Left (2) pivot ½ turn over Right (&), Step forward on left(3)

4&5      Travelling forward make a ½ turn Left stepping back on to Right (4), ½ turn Left stepping forward on to Left (&), step forward on Right (5)

### (Alternative for counts 4&, Run forward Right (4), Left (&))

6&7      Step forward on Left (6) pivot ½ turn Right (&), Step forward on Left (7)

8&      Travelling forward make a ½ turn Left stepping back on to Right foot (8), ½ Left turn stepping forward on to Left foot (&)

### (Alternative for counts 8&, Run forward Right (8), Left (&))

## Section 2. Full turn, press, sweep, behind, side, cross and cross, lunge, rolling 1 ¼ vine.

1&2      Make a full turn traveling forward stepping ½ turn back on to Right (1), ½ turn stepping forward on to Left (&), press weight forward on to Right (2)

### (Alternative for counts 1&, Run forward Right (1), Left (&))

3,4&      Recover weight on to Left as you sweep the Right foot round front to back (3), step Right behind Left (4), step Left to Left side

5&6      Cross Right over Left (5), Step Left to Left side (&), Cross Right over Left (6)

7      Lunge out to left side, pointing right toe to right side.(7) (preparing to turn Right)

8&1      Make a ¼ turn Right stepping forward on to Right (8), make a ½ turn Right stepping back on to Left (&), make a further ½ turn Right stepping forward on to Right (1)

### (Alternative for counts 8&1, ¼ stepping forward Right (8), Run forward Left (&), Right (1))

## Section 3. Rock ¼ left, sway, sway, night club right, step Left, sailor ½ right.

2&3      Rock forward on to left (2), recover weight on to Right (&), make a ¼ turn Left stepping Left to Left side.

4&      Sway Right (4), sway Left (&)

5,6&7      Step Right to Right side (5), step Left next to Right (6), Cross Right over Left (&), step Left to Left side (7)

8&1      Cross Right behind Left (8), make a ¼ turn Right stepping Left to Left side(&), make a further ¼ turn right as you cross Right over Left(1)

## Section 4. Left rock, recover, cross, side, behind, side, cross, Right rock, recover, cross, side, behind, side.

2&3&      Rock Left out to Left side (2), recover weight Right (&), cross Left over right (3), step Right to Right side (&)

4&5      Step Left behind Right (4) step Right to Right side (&) Cross Left over Right (5)

6&7&      Rock Right out to Right side (6), recover weight left (&), Cross Right over Left (7), Step Left to Left side (&)

8&      Step Right behind Left (8), Step Left to Left side (&).

Start again.