

One Moment in Time

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Jaszmine Tan (MY) - April 2016
音乐: The Moment You Were Mine - Beth Nielsen Chapman



Intro : 16 count

Sec 1 □: Cross & Behind 1/8, Step side 1/8 & Forward 1/8, Step R & Ronde L 5/8 turning L, Sweep R back

1 Cross L over R
2 & 3 Step R 1/8 back, step L back, step R back □□□□□□(10.30)
4 & 5 Step L 1/8 to L , step R 1/8 forward, step L forward □□ □□□(7.30)
6 – 8 Step on R & ronde L turning 5/8 L, step down on L & sweep R back, step on R (12.00)

Sec 2 □: Walk forward L, R, L, R, 1/2 Pivot L, Step & Touch , Cross L

1 Walk L forward
2 & 3 Walk forward R , L, R (alternatives : small running steps)□□□□(12.00)
4 – 5 1/2 L stepping forward on L , Touch R to R□□ □□ □□(6.00)
6 – 8 Cross R over L, Touch L to L, Cross L over R

Sec 3 □: Step R back, Circle L turning, Sweep R forward, Sweep L forward, Step R back

1 Step back on R
2&3&4& Step L, R, L, R, L, R turning L making a full circle□□□□□(6.00)
5 – 6 Step on L, sweep R from back to front, step on R & sweep L from back to front
7 – 8 Step on L, recover on R

Sec 4 □: L Coaster, Full travelling L turn, Step L, 1/4 Pivot Sway R, L , R

1 & 2 Step L back, close R next to L, step L forward
3 & 4 Step back on R 1/2 turning L, step forward on L 1/2 turning L, step forward on R □(6.00)

***** Wall 5 dance up to 28 count & Restart *****

5 – 6 Step L forward, sway 1/4 turning R □□□□□□□(9.00)
7 – 8 Sway L, R

Wall 5 – Short wall dance up to 28 count , Restart (facing 6.00)

Ending Wall 8 - music will slow down continue to dance up to 24 count, then touch L behind R & make a 1/2 turning L & pose. (facing 12.00)

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