

Get A Moment

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Rhoda Lai (CAN) & Cody Flowers (USA) - May 2019
音乐: Can I Get a Moment? - Jessica Mauboy : (3:25)



Intro: 20 counts after the first beat (approx. 15 sec)

[1-8] Step-½ Pivot, Bump Strut, ½ Traveling Hip Bumps, ½ Fwd Rock-Recover

- 1 2 Step LF forward, Pivot ½ Turn Right putting weight on RF (6:00)
- 3 4 Step ball of LF forward bumping hips forward, Step down on LF forward (6:00)
- 5&6 ¼ Turn Left stepping ball of RF to right side bumping hips right, Bump hips left, ¼ Turn left stepping back on RF (12:00)
- 7 8 ½ Turn Left rocking forward on LF, Recover weight on RF (6:00)

[9-16] Back Rock-Recover, ¼ Scissor Step, Hinge ½ Turn, Triple Forward

- 1 2 Step LF back rocking back, Recover weight on RF (6:00)
- 3&4 ¼ Turn Right stepping LF to left side, Step RF beside LF, Cross LF over RF (9:00)
- 5 6 ¼ Turn Left stepping back on RF, ¼ Turn Left stepping LF to left side (3:00)
- 7&8 Step RF forward, Step LF beside RF, Step RF forward (3:00)

Restarts Here on Wall 3 facing 9:00, Wall 6 facing 6:00, and Wall 9 facing 3:00.

[17-24] Kick-&-Touch, Hitch-Back-Touch, ¼ Sailor Step, Behind-Side-Cross

- 1&2 Kick LF forward, Step LF beside RF, Touch RF to right side (3:00)
- &34 Hitch Right Knee, Step RF behind LF, Touch LF to left side (3:00)
- 5&6 ¼ Turn Left stepping back on LF, Step RF to right side, Step LF to left side (12:00)
- 7&8 Step RF behind LF, Step LF to left Side, Cross RF over LF (12:00)

[25-32] Side Rock-Recover, ¼, Fwd Rock-Recover, Diagonal Back Touches x2, Coaster Step

- 1 2 Rock LF to left side, Recover weight on RF (12:00)
- &34 ¼ Turn Left stepping LF beside RF, Rock forward on RF, Recover weight on LF (9:00)
- 5&6& Step RF back and slight to right side, Touch LF beside RF, Step LF back and slight to left side, Touch RF beside LF (9:00)
- 7&8 Step back on RF, Step LF beside RF, Step forward on RF (9:00)

Begin the Dance Again and Enjoy!!

Contact Cody: dancewithcody@gmail.com - 1(561) 755-2711 | codytflowers.weebly.com

Contact Rhoda: rhoda_eddie@yahoo.ca - 1(647) 295-3833 | www.laidance.net

Last Update – 25 June 2019