

From This Moment

拍数: 48 墙数: 2 级数: Improver / Intermediate
编舞者: Peter Davenport (ES) - October 2019
音乐: From This Moment - Rune Rudberg



#32 Count Intro, Track Length 4.03 - R/S Walls 2 & 4

S1: Rhumba Forward, Rhumba Back, Back Lock, Shuffle 1/2 R Sweep

1&2 Step L to L, Bring R to L, Step L forward 12
3&4 Step R to R, Bring L to R, Step R back 12
5&6 Step L back, Cross R in front of L, Step L back 12
7&8& Shuffle 1/2 R, R.L.R, Start to sweep L over R & 6

S2: Sweep L, Cross Shuffle, Side Rock Cross, Side Shuffle, Coaster Step Scuff L

1&2 Cross shuffle, L.R.L 6
3&4 Rock R out to R, Recover on L, Cross R over L 6
5&6 Side shuffle, L.R.L 6
7&8& Step R back, Bring L to R, Step R forward, Scuff L through 6

S3: Lock Step, Step 1/2 Step, Step 1/4 Cross, Side Behind Side, Sweep

1&2 Step L forward, Lock R behind L, Step L forward 6
3&4 Step forward on R, Pivot 1/2 L, Step forward on R 12
5&6 Step L forward, Pivot 1/4 R, Cross L over R 3
7&8& Step R to R, Cross L behind R, Step R to R, Start to sweep L behind R 3

S4: Sailor 1/4 L, Shuffle Forward, Mambo Step Back, Coaster Step

1&2 Sailor Step 1/4 L (come forward on L) 12
3&4 R shuffle forward, R.L.R 12
5&6 L Mambo step, Rock forward on L, Recover on R, Step back on L 12
7&8 R Coaster step, (come forward on R) 12

*R/S Walls 2 & 4

S5: Rock Replace L, R, Shuffle 1/2 L, Rock Replace Shuffle 1/2 R, Scuff L

1.2 Rock forward on L, Recover on R 12
3&4 Shuffle 1/2 L, L.R.L 12
5.6 Rock forward on R, Recover on L 12
7&8 Shuffle 1/2 R, R.L.R, Scuff L through 12

S6: 1/4 Side Rock R, Behind Side Cross, Side Rock, Sailor 1/4 R Step

1.2 1/4 R Rock L out to R, Recover on R 3
3&4 Cross L behind R, Step r to R, Cross L over R 3
5.6 Rock R out to R, Recover on L 3
7&8 Sailor 1/4 R (come forward on R) 6

*Restarts on Walls 2 & 4

Dance up to and including 7&8 on section 4, Restart the dance from count 1.

Thank you.....

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