

# From This Moment

拍数: 48                      墙数: 2                      级数: Improver / Intermediate  
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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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