

Living In The Moment

拍数: 48 墙数: 4 级数: High Improver
编舞者: Janet (Zhen Zhen) Ge (CN) - January 2020
音乐: Living In the Moment - Jason Mraz



Start the heavy beat of 16 count (Approx: 14 Sec)

[1-8] Heel Switch, Rock, Cross, Heel Switch, Rock, 1/4 Turn R, Fwd

1&2& Touch right heel forward, step right together, touch left heel forward, step left together
3&4 Rock right to side, recover on left, cross right over left
5&6& Touch left heel forward, step left together, touch right heel forward, step right together
7&8 Rock left to side, 1/4 turn R recovering on right, step left forward (3:00)

[9-16] Side shuffle, 1/4 Turn L Side Shuffle (x2), 1/4 Turn L Sailor Step

1&2 Step right to side, step left together, step right to side
3&4 1/4 Turn L stepping left to side, step right together, step left to side (12:00)
5&6 1/4 Turn L stepping right to side, step left together, step right to side (9:00)
7&8 1/4 Turn L crossing left behind right, step right to side, step left to side (6:00) (*Restart 2)

[17-24] Kick, Cross, Rock, Kick, Cross, Rock, Half Diamond Step

1&2& Kick right forward diagonal L, cross right over left, rock left to side, recover on right
3&4& Kick left forward diagonal R, cross left over right, rock right to side, recover on left
5&6& Cross right over left, step left to side, 1/8 turn R stepping right back, hitch left (7:30)
7&8 Step left back, 1/8 turn R stepping right to side (9:00) , 1/8 turn R stepping left forward (10:30)
)

[25-32] Half Diamond Step, Diagonal Shuffle, Fwd Shuffle

1&2& Step right forward, 1/8 turn R stepping left to side (12:00), 1/8 turn R stepping right back, hitch left (1:30)
3&4 Step left back, 1/8 turn R right to side (3:00), cross left over right
5&6 Step right forward diagonal R, step left together, step right forward diagonal (4:30)
7&8 3 /8 Turn L stepping left forward, step right together, step left forward (12:00)

[33-40] Fwd Mambo, Run Back (x3), Sailor Step, Fwd Shuffle

1&2 Rock right forward, recover on left, step right back
3&4& Run back left- right-left , sweep right from front to back
5&6 1/4 Turn R stepping right back, step left together, step right forward (3:00)
7&8 Step left forward, step right together, step left forward (*Restart 1)

[41-48] Diagonal -Touch (x2), Back Shuffle Diagonal, Diagonal -Touch (x2), Fwd Shuffle Diagonal

1&2& Step right forward diagonal R, touch left together, step left back diagonal L, touch right together
3&4& Step right back diagonal R, step left together, step right back diagonal R, step right together
5&6& Step left back diagonal L, touch right together, step right forward diagonal R, touch left together
7&8& Step left forward diagonal L, step right together, step left forward diagonal L, step right together

Restart 1: During Wall 2, Dance to count 40 facing 6:00

Restart 2: During Wall 5, Dance to count 16 facing 6:00

Have Fun!

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