

A Moment

COPPERKNOB
STEPSHEETS

拍数: 16 墙数: 4 级数: Easy Intermediate
编舞者: Julee Hansel (INA) - May 2020
音乐: How Does a Moment Last Forever - Céline Dion



Dance Order: 16 - 16 - 8 - 8 - Tag - 16 - 16 - Bridge - 16 - 16 - 8 - 8 - Tag - 8 - Ending

Tag 1 : 2 counts

Tag 2 / Bridge : 20 counts

Restart: wall 3, 4, 9 (after 8 counts) and wall 10 (after 11 counts)

Dance is started after 8 counts, on lyric

Section 1: Step on Ball-Hitch, Run, Turn, Weave-Sweep, Weave-Lunge

- 1 Step L forward on ball & hitch R
- 2 & 3 Step forward R L R
- 4 Turn 1/4 to left & step L in place (9.00)
- 5 & 6 Cross R over L, step L to side, step R behind L while sweeping L backwards.
- 7 & 8 Step L behind R, step R to side, turn 1/8 to right & lunge L forward (10.30)

Note: Restart here after 8 counts on the wall 3, 4, 9 with step changing on the count of 8 as follows:

On wall 3 (facing 3.00)

- 7 & 8 Step L behind R, step R to side, drag L next to R on toe

On wall 4 (facing 12.00) & wall 9 (facing 09.00)

- 7 & 8 Step L behind R, step R to side, cross L over R (continue with tag 1 - full turn)

TAG 1 (2 counts)

Full Turn

- 1 - 2 Full turn on ball (ending with body weight on R)

Section 2: Recover, Turn-Step, Pivot, 3 Steps Turn, Lunge, Turn-Step-Drag

- 1 & 2 Recover on R, turn 3/8 to left & step L forward step R forward (6.00)
- 3 & 4 Step L forward, turn 1/2 to right step R in place, step L forward (12.00)
- 5 & 6 Turn 1/2 to left & step R backwards (6.00), turn 1/2 to left & step L forward (12.00), lunge forward on R
- 7 - 8 Recover on L, turn 1/4 to right & step R to side (3.00) while dragging L next to R on toe

Note: Restart here after 11 counts on the wall 10 (facing 9.00), slowing the step when the music descending.

TAG 2 / BRIDGE: After wall 6 (facing 06.00)

Turn- Step (4x counterclockwise), Turn-Step (3x clockwise), Arabesque

- 1 - 2 Turn 1/4 to left & step L forward (9.00), turn 1/4 to left step R forward (6.00)
- 3 - 4 Turn 1/4 to left & step L forward (3.00), turn 1/4 to left step R forward (12.00)
- 5 - 6 Turn 1/4 to right & step L forward (3.00), turn 1/4 to right step R forward (6.00)
- 7 - 8 Turn 1/4 to right & step L forward (9.00), turn 3/8 to right & step R forward while swinging L upward (1.30)

Full Turn, Twinkle (R L)

- 1 - 4 Cross L over R, full turn on ball in slow motion (with ending step on R)
- 5 & 6 Step L forward, squaring (12.00) & step R to side, turn 1/8 to left & step L a little bit forward (10.30)
- 7 & 8 Step R forward, squaring & step L to side, turn 1/8 to right & step R a little bit forward while bending right knee (1.30)

Drag-Pointed, Raise Up-Drag

- 1 - 2 Squaring (12.00) & drag L from side to front on straight- pointed position
- 3 - 4 Raise body up while dragging L next to R on toe (body weight on R)

ENDING (on the last wall facing 12):

Hold in place 8 counts with hand actions then pose until the music end.

Happy Dancing - Life is Beautiful

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