

Moment For Yourself

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Chris Jacques (USA) - September 2024
音乐: Gecko (Overdrive) - Oliver Heldens & Becky Hill



Restarts: 0 Tags: 0

Intro: 32 counts

[1-9]: Step L, Rock/Recover, Forward Lock, Rock/Sweep, Behind-Side Cross

1, 2, 3 Step L to L side (1), Rock back on R (2), Recover weight L (3)
4&5 Step Forward on R (4), Lock L behind R (&), Step Forward on R (4)
6, 7 Rock Forward on L (6), Recover weight R, Sweeping L front to back (7)
8&1 Cross L Behind R (8), Step R to R side (&), Cross L Over R (1) – Facing 12:00

[10-16]: Hold, Sync. Weave R, Heel Bounces w/ ¼R, Sailor ¼R

2&3 Hold (2), Step Ball of R next to L (&), Cross L behind R
&4 Step R to R side (&) Cross L Over R (4)
5, 6 Make a ¼R Turn, Bounce both heels (5,6)
7&8 Cross R behind L (7), Step L to L side (&), ¼R Stepping Forward on R

[17-24]: Walk, Walk, Hip Push, Back Rock, Point-Hitch-Cross

1, 2 Walk Forward on L (1), Walk Forward on R (2)
a3, 4 Rotate 1/8R, Pushing hip up and L (a) 1/8R, Pushing hips R (3), Recover weight L (4)
5a Rock back on R (5) Recover weight L (a)
6,7,8 Point R to R side (6), Hitch R in front of (7), Cross R over (8)

[25-32]: Back, Side, Crossing Shuffle, ¼R, Pivot ½R, ¼R Shuffle

1, 2 Step back on L (1), Step R to R side (2)
3&4 Cross L over R (3), Step R to R side (&) Cross L over R (4)
5, 6, 7 Rotate, ¼R, Stepping Forward on R (5), Step Forward on L (6), Pivot ½R, Stepping Forward on L (7)
8& Rotate ¼R Stepping L to L side (8), Step R next to L (&)

Last Update: 30 Sep 2024