

Living In A Moment

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Steve Mason (UK)
音乐: Living In a Moment - Ty Herndon



SIDE, TOGETHER, SIDE, HOLD, BEHIND, SIDE, CROSS, SWEEP

- 1-2 Step left foot to left side, close right foot to left foot
- 3-4 Step left foot to left side, hold
- 5-6 Cross step right foot behind left foot, step left foot to left side
- 7-8 Cross step right foot over left foot, sweep left foot around & over right foot

CROSS, SIDE, CROSS, ¼ TURN, ¼ TURN, FORWARD

- 9-10 Cross left foot over right foot, step right foot to right side
- 11-12 Cross left foot over right foot, hold
- 13-14 Turn ¼ turn left stepping back on right foot, step left foot ¼ turn left
- 15-16 Step forward on right foot, hold

SKATE, SKATE, SHUFFLE, ROCK, RECOVER, ½ TRIPLE TURN

- 17-18 Skate step forward on left foot, skate step forward on right foot
- 19&20 Step forward on left foot, step right foot beside left foot, step forward on left foot
- 21-22 Rock step forward on right foot, recover weight to left foot
- 23&24 Triple step right, left, right making ½ turn right

SKATE, SKATE, SHUFFLE, ROCK, RECOVER, ½ TRIPLE TURN

- 25-26 Skate step forward on left foot, skate step forward on right foot
- 27&28 Step forward on left foot, step right foot beside left foot, step forward on left foot
- 29-30 Rock step forward on right foot, recover weight to left foot
- 31&32 Triple step right, left, right making ½ turn right

CROSS, POINT, CROSS, POINT, ¼ JAZZ BOX

- 33-34 Cross step left foot over right foot, point right foot to right side
- 35-36 Cross step right foot over left foot, point left foot to left side
- 37-38 Cross step left foot over right foot, step back on right foot
- 39-40 Turn ¼ turn left stepping left foot to left, touch right foot next to left foot

FULL ROLLING TURN RIGHT, TOUCH, FULL ROLLING TURN LEFT, BRUSH

- 41-42 Step right foot 1/4 turn right, step left foot ¼ turn right
- 43-44 Step right foot ½ turn right, touch left foot next to right foot
- 45-46 Step left foot ¼ turn left, step right foot ¼ turn left
- 47-48 Step left foot ½ turn left, brush right foot over left foot

Easier alternative:

- 41-48 Grapevine right, touch, grapevine left, brush

DIAGONAL ROCKING CHAIR, STEP ½ PIVOT, STEP, HOLD

- 49-50 Cross rock step right foot over left foot to a left diagonal, recover weight to left foot
- 51-52 Rock step back on right foot to a right diagonal, recover weight to left foot
- 53-54 Step forward on right foot, pivot ½ turn left
- 55-56 Step forward on right foot, hold

SIDE ROCK, RECOVER, CROSS SHUFFLE, SIDE ROCK, RECOVER, CROSS SHUFFLE

- 57-58 Rock step left foot to left side, recover weight to right foot

59&60 Cross step left foot over right foot, step right foot to right side, cross step left foot over right foot
61-62 Rock step right foot to right side, recover weight to left foot
63&64 Cross step right foot over left foot, step left foot to left side, cross step right foot over left foot

REPEAT
