

A Moment Like This

拍数: 0 墙数: 0 级数:
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音乐: A Moment Like This - Leona Lewis



Sequence: A, B, C, D, B, D, A, B, A, C, D, B, C, D, B, B

SECTION A

- 1-2-3 Walk forward on right, left, right
4&5 Step left to left side, cross right in front of left, step left out to left side
6&7 Step right behind left, step left in front of right, step right out to right side (bending supporting knee, almost like a lunge)
8& Step onto left making $\frac{1}{4}$ a turn (9:00), step forward on right
- 1 Making $\frac{1}{2}$ a turn (over left shoulder) step forward on left (3:00)
2&3 Walk forward on right (facing 5:30), left, right
4&5 Cross left behind right, step back on right making $\frac{1}{8}$ of a turn (facing 3:00), step left out to left side (facing 12:00)
6&7 Walk forward on right (facing 10:30), left, right
8& Step left out to left side making $\frac{1}{8}$ of a turn (9:00), cross right in front of left
- 1-2& Step left to left side, step right behind left, step left in front of right
3-4& Step right to right side, step left behind right, step right in front of left
5-6&7 Step left to left side, cross right behind left, step left to left side, cross right in front of left
8& Step left to left side, join right into left
- 1-2&3 Step forward on right making $\frac{1}{4}$ turn (12:00), step left to side, join right foot into left, step back on left
4&5 Making $\frac{1}{4}$ turn step right to right side, join left foot into right, step forward on right
6&7 Step forward on left, step right behind left, step forward on left
8& Sweep right leg round from back to front joining right to left but not putting any weight on right foot

SECTION B

- 1-2& Step right to right side, step left behind right, step right in front of left
3-4& Step left to left side, step right behind left, step left in front of right
5-6-7-8 Step right to right side, hip sways from left to right (6-7), join right foot into left on 8 not putting any weight on right foot

SECTION C

Repetition of the first 3 eights on Section A

- 1-2-3 Walk forward on right, left, right
4&5 Step left to left side, cross right in front of left, step left out to left side
6&7 Step right behind left, step left in front of right, step right out to right side (bending supporting knee, almost like a lunge)
8& Step onto left making $\frac{1}{4}$ a turn (9:00), step forward on right
- 1 Making $\frac{1}{2}$ a turn (over left shoulder) step forward on left (3:00)
2&3 Walk forward on right (facing 5:30), left, right
4&5 Cross left behind right, step back on right making $\frac{1}{8}$ of a turn (facing 3:00), step left out to left side (facing 12:00)
6&7 Walk forward on right (facing 10:30), left, right

- 8& Step left out to left side making 1/8 of a turn (9:00), cross right in front of left
- 1-2& Step left to left side, step right behind left, step left in front of right
- 3-4& Step right to right side, step left behind right, step right in front of left
- 5-6&7 Step left to left side, cross right behind left, step left to left side, cross right in front of left
- 8& Step left to left side, join right into left

SECTION D

From the order at the top of the step sheet you can see that, Section D usually falls after Section C apart from one occasion when it comes after Section B. For Section C, you hold for four counts in the position your in at the end of the previous Section. (In both cases with weight on Left foot and Right next to Left with no weight on it.). There is an option to add an arm movement of your choice at this point
