

Moments

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Jill Lowe
音乐: From This Moment On (Tempo Mix) - Shania Twain



ROCK STEP, COASTER, ½ TURN, SHUFFLE

1-2 Rock forward on right, back on left
3-4 Step back on right, step left foot to right, step forward right
5-6 Step forward left ½ to right weight on right foot
7-8 Shuffle forward left right left

ROCK STEP, ¼ TURN, SHUFFLE, ½ TURN, STEP LOCK

9-10 Rock side right, weight back on left turning ¼ left
11-12 Shuffle forward right left right
13-14 Step forward left ½ turn to right weight on right
15-16 Step lock step, left right left

TOE HEEL, REPEAT

17-18 Moving to right side right toe to left instep, right heel to left instep
19-20 Repeat steps 17-18

ROCK STEP CROSS, ROCK STEP CROSS, ROCK STEP CROSS, HOLD.

21-22 Rock to right side right foot, weight back on left, cross right over left
23-24 Rock to left side left foot, weight back on right, cross over right
25-26 Rock to right, weight back on left
27-28 Cross right over left, hold

ROCK STEP CROSS, HOLD, ROCK FORWARD & BACK, PADDLE 1/8TH

29-30 Rock to left, weight back on right
31-32 Cross left over right, hold
33&34& Rock forward right, in place left rock back on right, in place left
35-36 Two paddle steps turning left, moving right foot (rotating knee to left circling)

PADDLE 1/8TH, ROCK STEP CROSS, ROCK STEP CROSS

37-38 Repeat 35-36
39&40& Step diagonally right on right, in place on left, cross right over left
41-42 Step diagonally left on left, in place on right, cross left over right

ROCK STEP, ½ SPIN, ROCK KICK

43&44& Rock forward right, in place left back on right in place left
45-46 Spin ½ turn left on left foot
47-48 Rock back on right, kicking left foot diagonally in air, forward on left

REPEAT
