

Moments

拍数: 64
编舞者: Jacquie Winchester (UK)
音乐: Moments - Brushwood

墙数: 4

级数: Intermediate social cha



SIDE, HOLD, BEHIND, SIDE, CROSS

1-2-3&4 Step right foot to right, hold, cross left foot behind right, step right foot to right, cross left foot over right

SIDE ROCK, ¾ SHUFFLE

5-6-7&8 Rock right on right foot, recover weight on left foot, shuffle turning ¾ to right on right, left, right

STEP, PIVOT ½, SHUFFLE FORWARD

9-10-11&12 Step forward on left foot, pivot ½ turn right, shuffle forward on left, right, left

SIDE & CROSS, SIDE & CROSS

13&14-15&16 Rock right on right foot, recover weight on left foot, cross right foot over left, rock left on left foot, recover weight on right foot, cross left foot over right

SIDE & CROSS & CROSS & CROSS

17&18&19&20 Rock right on right foot, recover weight on left foot, cross right foot over left, turning 1/8 to right step left foot to left, cross right foot over left, turning 1/8 to right step left foot to left, cross right foot over left (¼ turn right in total)

SIDE TOUCH, ¼ TURN, SIDE

21-22-23-24 Step left on left foot, touch right foot next to left, turning ¼ right step forward on right foot, step left on left foot

WEAVE AND SWEEP

25-26-27-28 Cross right foot behind left, step left foot to side, cross right foot over left, sweep left foot round from back to front

WEAVE AND SWEEP

29-30-31-32 Cross left foot over right, step right foot to right, cross left foot behind right, sweep right foot round from front to back

BACK, ¼ TURN, CROSS SHUFFLE

33-34-35&36 Step back on right foot, turning ¼ left step left on left foot, cross shuffle to left on right, left, right

SIDE ROCK, BEHIND, ¼ TURN, STEP

37-38-39&40 Rock left on left foot, recover weight on right foot, cross left foot behind right, turning ¼ right step forward on right foot, step forward on left foot

ROCK FORWARD, BACK, ¼ TURN, TOGETHER, STEP FORWARD

41-42-43&44 Rock forward on right foot, rock back on left foot, turning ¼ right step right foot to right, step left foot next to right, step forward on right foot

ROCK FORWARD, BACK, ½ TURN SHUFFLE

45-46-47&48 Rock forward on left foot, rock back on right foot, make ½ turn to left on shuffle left, right, left

STEP, SPIRAL TURN, SHUFFLE FORWARD

49-50-51&52 Step forward right foot, keeping weight on right spin full turn left, shuffle forward on left, right, left

SIDE & CROSS, SIDE & CROSS

53&54-55&56 Rock right on right foot, recover weight on left foot, cross right foot over left, rock left on left foot, recover weight on right foot, cross left foot over right

ROCK FORWARD, BACK, BACK SHUFFLE

57-58-59&60 Rock forward on right foot, rock back on left foot, shuffle back on right, left, right

ROCK BACK, FORWARD, STEP, ¼ PIVOT, CROSS

61-62-63&64 Rock back on left foot, rock forward on right foot, step forward on left foot, pivot ¼ to right, cross left foot over right

REPEAT
