

One Moment

拍数: 32 墙数: 4 级数: Beginner
编舞者: Jane Thorpe (UK)
音乐: Un Momento Alla - Rick Trevino



RIGHT SHUFFLE, ROCK RECOVER, ½ TRIPLE TURN, ROCK RECOVER

1&2 Step right forward, step left together, step right forward
3-4 Rock left forward, recover on right
5&6 Triple in place turning ½ left and step left, right, left
7-8 Rock right forward, recover on left

SIDE ROCK RECOVER, CROSS SHUFFLE TWICE

1-2 Rock right to side, recover on left
3&4 Cross right over left, step left to side, cross right over left
5-6 Rock left to side, recover on right
7&8 Cross left over right, step right to side, cross left over right

ROCK RECOVER, ½ TRIPLE TURN, ROCK RECOVER, COASTER STEP

1-2 Rock right forward, recover on left
3&4 Triple in place turning ½ right and step right, left, right
5-6 Rock left forward, recover on right
7&8 Step left back, step right together, step left forward

RIGHT SIDE TOGETHER, ¼ SHUFFLE, STEP ½, SHUFFLE

1-2 Step right to side, step left together
3&4 Triple in place turning ¼ right and step right, left, right
5-6 Step left forward, turn ½ right (weight to right)
7&8 Step left forward, step right together, step left forward

REPEAT
