

Take This Moment

拍数: 40 墙数: 4 级数: Intermediate
编舞者: Hazel Pace (UK)
音乐: Evergreen - Will Young



SIDE ROCK CROSS TWICE, STEP ½ PIVOT STEP RIGHT AND BACK SLIDE

1&2 Rock left to left side, recover on right, cross left over right
3&4 Rock right to right side, recover on left, cross right over left
5&6 Step forward on left, ½ pivot turn right, step forward on left
& Slightly lift and quickly step down on right
7 Stride back on left starting to slide right towards left

ROCK BACK ½ TURN LEFT, ROCK BACK ½ TURN RIGHT, ROCK FULL TURN LEFT, STEP ½ PIVOT STEP

8&1 Rock back on right, recover on left, ½ turn left stepping back on right
2&3 Rock back on left, recover on right, ½ turn right stepping back on left
4& Rock back on right, recover on left. (emphasize the rock steps)
5 (Full triple turn left moving forward 5 & 6). On left ½ turn left stepping back on right
&6 On right ½ turn left stepping forward on left, step forward on right
7&8 Step forward on left, ½ pivot turn right, step forward on left

AND STEP AND ½ TURN LEFT, STEP LOCK STEP, SCISSOR STEP, SYNCOPATED VINE RIGHT

&1 A quick step forward on right, stride step forward on left (emphasize the stride forward)
&2 Step forward on right making quick ½ turn left, step forward on left
3&4 Step forward on right, lock left behind right, step forward on right
5&6 Step left to left side, step right beside left, cross left over right
&7&8 Step right to right side, step left behind right, step right to right side, cross left over right

STEP ¾ PIVOT LEFT STEP, MAMBO STEP FORWARD & BACK, CROSS BACK ½ TURN LEFT

1&2 Step forward on right, ¾ turn left, step forward on right
3&4 Rock forward on left, recover on right, step back on left
5&6 Rock back on right, recover on left, step forward on right
7&8 Cross left over right, step back on right, on right foot ½ turn left stepping forward on left

CROSS UNWIND ¾ LEFT, LEFT SAILOR STEP, ROCK & STRIDE, BEHIND UNWIND ¾ LEFT

1-2 Cross right over left, unwind ¾ turn left. (finish with weight on right)
3&4 Step left behind right, step right to right side, step left in place
5&6 Rock right behind left, recover on left, stride right to right side
7-8 Bending knees cross left behind right, slowly unwind ¾ turn left

REPEAT

RESTART

When dancing to Evergreen there is a restart on the 5th sequence. Dance to count 16 (you will be facing 12:00). As he sings "I'm gonna take this moment" step forward on right and slowly make ½ turn left to face 6:00. On the word "moment" start 6th sequence from the beginning.

The dance finishes at the end of the 7th sequence facing the front.