

This Moment

拍数: 48 墙数: 4 级数: Intermediate waltz
编舞者: Jenny Rockett (UK)
音乐: Stay In This Moment - Trick Pony



LEFT TWINKLE, RIGHT TWINKLE ½ TURN

1-2-3 Left step across right, right step slightly right, left step together
4-5-6 Right step across left, left step left making ¼ turn right, right step back making another ¼ turn right

LEFT TWINKLE, RIGHT TWINKLE ½ TURN

7-8-9 Left step across right, right step slightly right, left step together
10-11-12 Right step across left, left step left making ¼ turn left, right step back making another ¼ turn right

LEFT CROSS, RIGHT POINT, ¼ TURN

13-14-15 Left step across right, right toe point to right side, with weight on left foot, and keeping right leg extended, swivel ¼ right

RIGHT TWINKLE BACK, LEFT TWINKLE BACK

16-17-18 Right step across left, step left back, step right back
19-20-21 Left step across right, step right back, step left back

ROCK BACK, RECOVER, STEP FORWARD, LEFT WALTZ ¾ TURN LEFT

22-23-24 Right rock back, return weight to left, step right forward
25-26-27 Left step forward making ¼ turn left, right step together making ½ turn left, left step slightly back

RIGHT SLOW COASTER

28-29-30 Step right back, left step together, step right forward

TOUCH HEEL, TOE, STEP FORWARD (LEFT AND RIGHT)

31-32-33 Left heel touch forward, left toe touch across right foot, step left forward
34-35-36 Right heel touch forward, right toe touch across left foot, step right forward

ROCK ¼ TURN LEFT, WEAVE LEFT

37-38-39 Left rock forward, return weight to right making ¼ turn left, left step left
41-41-42 Right step across left, left step left, right step behind left

¼ TURN, ¾ PIVOT-TURN, RIGHT SIDE-BEHIND-SIDE

43-44-45 Left step ¼ turn left, step right forward, pivot ¾ turn left
46-47-48 Right step right, left step behind right, right step right

REPEAT