

Caught Up In The Moment

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Maria Graube (SWE)
音乐: Caught Up In the Moment - Big & Rich



RIGHT STOMP, RIGHT KICK, RIGHT SHUFFLE BACK, REVERSED LEFT ROCKING CHAIR, LEFT WIDE STEP, SWEEP

1-2 Stomp right beside left, kick right foot forward
3&4 Step right back, step left beside left, step right back
5&6& Rock left back, recover on right, rock left forward, recover on right
7-8 Wide step left, sweep and cross right behind left and turn $\frac{1}{4}$ right
Count 8 in this section & &1 in section two completes a modified sailor step $\frac{1}{4}$ right

LEFT SIDE STEP, RIGHT STEP FORWARD, STEP LEFT TURNING $\frac{1}{4}$ RIGHT, RIGHT SAILOR STEP TURNING $\frac{1}{2}$ RIGHT, LEFT STEP TOUCH, LEFT CHASSE $\frac{1}{4}$ TURN RIGHT

&1-2 Step left to left side, step right forward, turn $\frac{1}{4}$ and step left to left
3&4 Cross right behind left and turn $\frac{1}{2}$ right, step left to left side, step right forward
5-6 Step left to left, step right beside left
7&8 Step left to left side, close right beside left, turn $\frac{1}{4}$ right while stepping left back

Restart on wall 4

MAMBO WITH PUSH STEPS, RIGHT KICK BALL CHANGE, LEFT PIVOT $\frac{3}{4}$

1&2 Rock back on right, recover onto left, step right forward and take weight
3&4 Rock forward on left, recover onto right, step left back and take weight
5&6 Kick right forward, step right beside left, step left forward
7&8 Step forward right, pivot $\frac{3}{4}$ turn left, step right to right

RIGHT STOMP, LEFT STOMP, APPLEJACKS, BEHIND-SIDE CROSS, LEFT SIDE ROCK & TURN $\frac{1}{4}$ RIGHT STEPPING RIGHT FORWARD

1-2 Stomp right with toes in, heels out, stomp left with toes in, heels out
Feet in wide step but your knees almost touch each other
3&4& Taking weight onto right heel and left toe swivel right toe and left heel to right side, return feet to center, taking weight onto left heel and right toe swivel left toe and right heel to left side, return feet to center
5&6 Step right behind left, step left to left, cross right over left
7&8 Rock to left side on left, rock onto right making $\frac{1}{4}$ turn right, step right forward

REPEAT