

One Moment

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Un Momnto Alla - Rick Trevino



Start on vocals

SIDE, CLOSE, SHUFFLE FORWARDS x 2

1-2 Step left foot to side left, close RF to left foot
3&4 Shuffle forwards, stepping left, right, left
5-6 Step right foot to side right, close LF to right foot
7&8 Shuffle forwards stepping right, left, right

FORWARD ROCK, BACK LOCK STEP

1-2 Rock forward on left, rock back on right
3&4 Step LF behind right, lock RF in front, step LF back

MAKE ½ TURN RIGHT, RONDE INTO JAZZ BOX

1-2 Turn ½ turn right stepping forward onto RF, sweep LF over right
3-4 Step RF back, step left foot to left side

WEAVE LEFT, BEHIND SIDE CROSS

1-2 Cross RF over left, step LF to side
3&4 Cross RF behind, step LF to side, cross RF over left

SWAY TO LEFT, BEHIND SIDE CROSS

1-2 Rock step LF to side, swaying hips, replace weight on RF
3&4 Step LF behind, step right foot to side, cross LF over right

ROCK/SWAY RIGHT X 2 WITH ¼ TURN TO LEFT

1-2 Rock right foot to side, swaying hips and turning 1/8 to left
3-4 Rock right foot to side, swaying hips and turning 1/8 To left

ROCK & REPLACE, DRAG

1-2 Rock RF over LF, rock weight back on LF
3-4 Step large step on RF to side right, drag LF to RF (no weight)

ALTERNATIVE ENDING FAST - ROCK & REPLACE (x 2)

1&2 Rock RF over left, replace weight on LF, rock RF to side right
&3&4 Rock onto LF, rock RF over left, replace weight on LF, rock RF to side right, weight ends on RIGHT

Begin again.