

Big Moments

拍数: 32 墙数: 2 级数: Intermediate / Advanced NC2S
编舞者: Rachael McEnaney (USA) - December 2007
音乐: Lost In This Moment - Big & Rich



Intro: 16 counts from start of track – dance begins on vocals

(1 – 8) Left coaster into $\frac{3}{4}$ turn, behind side cross, side rock cross, turn, rolling vine, cross rock

- & 8 & Step back on left (&), step right next to left (8), step forward on left (&) 12.00
1 Make $\frac{3}{4}$ turn right on ball on left sweeping right foot round to behind left (clockwise) (1), 9.00
2 & 3 Cross right behind left (2), step left to left side (&), cross right over left (3) 9.00
& 4 & Rock left to left side (&), recover weight to right (4), cross left over right (&) 9.00
5 & Make $\frac{1}{4}$ turn left stepping back on right (5), make $\frac{1}{4}$ turn left on ball of right sweeping left leg
 – no weight change (&) 3.00

Note: try not to count the above & count – think of it as part of count 5.

- 6 & 7 Make $\frac{1}{4}$ turn left stepping forward on left (6), make $\frac{1}{2}$ turn left stepping back on right (&),
 make $\frac{1}{4}$ turn left stepping left to left side (7) 3.00
8 & Rock forward on right (slightly in front of left) (8), recover weight to left (8) (body is angled
 towards 1.30) 1.30

(9 – 16) $\frac{1}{2}$ turn right, walks round, cross, side rock, cross $\frac{1}{2}$ turn left

- 1 Make $\frac{1}{2}$ turn right to face 7.30 stepping forward on right 7.30
2 & 3 Step forward on left (2), make $\frac{1}{8}$ turn left stepping forward on right (&), make $\frac{1}{8}$ turn left
 stepping forward left (3) 4.30
4 & 5 Make $\frac{1}{8}$ turn left stepping forward right (4), make $\frac{1}{8}$ turn left stepping forward left (&) cross
 right over left (5) 1.30
6 & 7 Rock left to left side squaring up to face 3.00 (6), recover weight to right (&), cross left over
 right (7) 3.00
& 8 & Make $\frac{1}{4}$ turn left stepping back on right (&), make $\frac{1}{4}$ turn left stepping left to left side (8),
 cross right over left (&) 9.00

(17 – 24) Nightclub basic left and right, $\frac{1}{4}$ turn left, full pivot turn left, left lock step back

- 1 – 2 & Step left to left side (1), rock back on right (2), recover weight forward onto left (&) 9.00
3 – 4 & Step right to right side (3), rock back on left (4), recover weight forward onto right (&) 9.00
5 – 6 & Make $\frac{1}{4}$ turn left stepping forward on right (5), step forward on right (6), make $\frac{1}{2}$ turn left
 weight ends left (&) 12.00
7 – 8 & Make $\frac{1}{2}$ turn left stepping back on right (7), step back on left (8), lock step crossing right over
 left (&) 6.00

(25 – 32) $\frac{1}{4}$ turn right, touch lunge, $\frac{1}{4}$ turn left, full turn left, walk, rock forward – into start of dance

- 1 – 2 & Step back on left (1), make $\frac{1}{4}$ turn right stepping right to side (2), touch left toe to left side
 bending right leg slightly (&) 9.00
3 – 4 & Make $\frac{1}{4}$ turn left stepping forward on left (3), make $\frac{1}{2}$ turn left stepping back on right (4),
 make $\frac{1}{2}$ turn left stepping forward on left (&) 6.00
5 Step forward on right (5) 6.00

Easy alt Alternative for counts 4 & 5 would be to do a right shuffle/lock step forward

- 6 - 7 Rock forward on left (6), recover weight onto right (7) 6.00

START AGAIN, HAVE FUN!