

At This Moment

COPPER KNOB
BY STEPHENETS

拍数: 48 墙数: 2 级数: High Intermediate Waltz
编舞者: Jennifer Choo Sue Chin (MY) - April 2010
音乐: At This Moment - Michael Bublé : (CD: Crazy Love)



Intro: 4x6

[1-6] STEP PIVOT, LUNGE, RECOVER, SIDE

1-3 Step RF fwd (1), Step LF slightly in front of RF (2), Pivot ½ turn right weight on RF (3) (6:00)
4-6 Lunge LF fwd (4), recover on RF (5), step LF to L (6) * Restart here during wall 2

[7-12] WEAVE LEFT, UNWIND SWEEP, BEHIND

1-3 Cross RF over LF (1), Step LF to L (2), touch RF behind LF (3)
4-6 Unwind ¾ turn right (4), Sweep RF from front to back (5), step RF behind LF (6) (3:00)

[13- 18] HALF TURN LEFT, BEHIND, HALF TURN RIGHT, BEHIND

1-3 ¼ turn L stepping LF fwd (1), ¼ turn L stepping RF next to LF (2), Step LF behind RF (3)
 (9:00)
4-6 ¼ turn R stepping RF fwd (4), ¼ turn R stepping LF next to RF (5), Step RF behind LF (6)
 (3:00)

[19-24] HALF TURN LEFT, BIG STEP RIGHT, DRAG, SYNCOPATED WEAVE

&1-3 ¼ turn L stepping LF fwd (&), ¼ turn L taking big step to R (1), Drag LF toward RF (2-3)
 (9:00)

*** Bridge during wall 7

&4 Step LF down (&), Cross RF in front of LF (4)
&5 Step LF to L (&), Step RF behind of LF (5)
&6& Step LF to L (&), Cross RF in front of LF (6), ¼ turn L Step LF fwd (&)

Easier Options: Do a grapevine to the left (4 – Step LF to LF, 5 – Step RF behind LF, 6 – Step LF to L)

[25-30] HALF TURN LEFT, POINT, HOLD, RIGHT TWINKLE

1-3 Execute a ¼ turn L on ball of LF sweeping RF from back to side (1), Point R toe to R (2-3)
 (3:00)
4-6 **Cross RF over LF (4), Step ball of LF to L diagonal (5), Step RF to R diagonal (6)

[31-36] LEFT TWINKLE, HALF TURN RIGHT TWINKLE

1-3 Cross LF over RF (1), Step ball of RF to R diagonal (2), Step LF to L diagonal (3)**

(These 6 counts of twinkles – counts 28-33 – will be “subtracted” during Wall 5)**

4-6 Cross RF over LF (4), ¼ turn right stepping back on LF (5), ¼ turn right stepping RF to R (6)
 (9:00)

[37-42] STEP, FORWARD CHASSE, FORWARD COASTER

1-2&3 Step LF fwd (1), Step ball of RF fwd (2), Step ball of LF next to RF (&), Step RF fwd (3)
4-6 Step LF fwd (4), step RF together (5), step LF back (6) (forward waltz basic will work too)

[43-48] BACK, ½ TURN LEFT, ¾ LEFT TURN BALL STEPS

1-3 Step RF back (1), ½ turn L stepping LF fwd (2), step RF slightly fwd (3) (3:00)
4& ¼ turn L stepping LF fwd crossing over RF, Step ball of RF next to LF
5& ¼ turn L stepping LF fwd crossing over RF, Step ball of RF next to LF
6 ¼ turn L stepping LF fwd crossing over RF

Easier Options: Walk around

4-6 ¼ turn left crossing LF over RF, ¼ turn left crossing RF over LF, ¼ turn left crossing LF over
 RF (6:00)

REPEAT AGAIN (Explore the song's musicality! The song is full of emotions!)

*** Restart: Dance until count 4 and hold 2 counts at the lunge, then restart.**

****Subtract: On Wall 5, When Michael sings "I'll subtract 20 years off from my life", it's the cue to subtract the 2 twinkles that will be coming up next (count 28-33). Dance until count 27 (Point R toe to R) and connect straight to the half turn twinkle from count 34.**

*****Bridge: After count 21 on Wall 7, there is a long pause with no beats and Michael would sing, "I wanna hold you, I wanna hold you, again". Do this to fit the lyrics: I wanna hold you (1): Swing both arms (straight) above from right to left over the head, step LF to L when you do so. As the R arm is straight up, pull R arm downwards and hold R palm to the heart. At the same time, slide R toe to the far back crossing behind LF and slightly bend L knee. You can bend the body slight forward. (footwork: think of the bowling pose) I wanna hold you (2): Repeat the above to the right side with opposite limbs. Again: Slowly rise up with LF touch behind RF, do a slow full turn unwind over L shoulder. There will be 3 beats after the word "again". Do this in place of the syncopated weave for the 3 beats: Step LF to L, Step RF behind LF, ¼ turn L stepping LF fwd and continue the dance from count 25 (¼ turn L sweep RF from back to R and point RF to R). Continue the dance with the twinkles etc. Note: It's just too tough to pen down all the action in words, please refer to the video as it speaks a million words. Enjoy the music! Special thanks to Joanne Wong for interpreting the Bridge.**

*** In loving memory of Carmen Mah ***

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Last Revision - 2nd October 2011
