

Can I Get A Moment

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner Plus
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音樂: Can I Get a Moment? - Jessica Mauboy



#16 Count intro – Start on 1 beat before Vocals 16 secs in approx.)

Section 1 [1-8] FACING DIAGONALS STEP, LOCK/SLIDE , STEP, HITCH, FACING DIAGONALS STEP, LOCK/SLIDE , STEP, SCUFF

- 1 – 2 Step R diagonal forward, lock/slide L behind R, (bending both knees)
- 3 – 4 Step R diagonally forward, hitch L foot and clap
- 5 – 6 Step L diagonal forward, lock/slide R behind L,(bending both knees)
- 7 – 8 Step L diagonally forward, scuff R foot over L

Section 2 [9-16] JAZZ BOX CROSS , 1/4 BACK SIDE, CROSS, SIDE

- 1 – 2 Cross R over Left, Step R back,
- 3 – 4 Step L side, cross L over R
- 5 – 6 Turn ¼ R Step R back, (9.00) step L side
- 7 – 8 Cross R over L ,step L side

Section 3 [17- 24] STEP, TOGETHER, HIP BUMPS (danced sharply)

- 1 – 2 Big step R side , step L together
- 3 & 4& Bumping hips L, R ,L, R (weight R).
- 5– 6 Big step L side , step R together
- 7 & 8& Bumping hips, R, L, R, L (weight L). add sharp arms and shoulders movements

SECTION 4[25 – 32] V STEP, SHUFFLE FORWARD X 2

- 1 – 2 Step R out To R diagonal, Step L out to L diagonal
- 3 – 4 Step R back, step L beside R
- 5&6 Step R forward, step L together, step R forward
- 7&8 Step L forward, step R together, step L forward& 5 Jump R forward, jump L forward,

for harder Option 1 on last 4 counts

- & 5 Jump R forward Jump L forward
- & 6 Jump R back, jump L back ,
- & 7 Jump R forward, jump L forward
- & 8 Jump R forward, jump L forward

for harder option 2

SECTION 4[25 – 32]SYNCOPATED V STEP, JUMPS FORWARD, JUMPS BACK, JUMPS FORWARD, JUMPS FORWARD

- &1 – 2 Jump R out To R diagonal, jump L out to L diagonal
- &3 – 4 Jump R back, jump L beside R
- & 5 Jump R forward, jump L forward,
- & 6 Jump R back, jump L back ,
- & 7 Jump R forward, jump L forward
- & 8 Jump R forward, jump L forward

To Finish Facing Front - Dance First 16 counts and Step R forward and pose !

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