

From This Moment

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Wiesye Baraoh (INA) - May 2019
音樂: From This Moment (Uptempo Remix) by Shania Twain



Sequence: 32, 28, 32, 24, 32, 32, 16, 32, 32, 24, 32, 32, 24, 32, 32, 24 Ending

Session 1 : RIGHT LINDY STEP, LEFT LINDY STEP

1 & 2 Step R to R side, Step L to next R, Step R to R side
3 4 Step L cross behind R, Recover on R
5 & 6 Step L to L side, Step R to next L, Step L to L side
7 8 Step R cross behind L, Recover on L

Session 2 : SHUFFLE FORWARD, FORWARD, RECOVER, ½ TURN LEFT SHUFFLE FORWARD, CROSS, RECOVER

1 & 2 Step R forward, Step L to next R, Step R forward
3 4 Step L Forward, Recover on R
5 & 6 ½ turn Left – Step L forward, Step R to next L, Step L forward
7 8 Step R cross over L, Recover on L

Session 3: SIDE, CROSS, SIDE, BEHIND, ¼ TURN RIGHT-FORWARD, FORWARD, ½ TURN RIGHT-FORWARD, SHUFFLE FORWARD

1 2 & 3 4 Step R to R side, Step L cross over R, Step R to R side, Step L cross behind R, ¼ turn Right-Step R Forward
5 6 Step L Forward, ½ turn Right-Step R Forward
7 & 8 Step L forward, Step R to next L, Step L forward

Session 4: ROCKING CHAIR (2X)

1 2 3 4 Step R forward, Recover on L, Step back on R, Recover on L
5 6 7 8 Step R forward, Recover on L, Step back on R, Recover on L

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