

# From This Moment

**COPPER** **NOB**  
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

Contact: [bwiesye@yahoo.com](mailto:bwiesye@yahoo.com)