

Moment

拍數: 32 牆數: 4 級數: Improver
編舞者: Inge Vestergård (DK) - November 2020
音樂: Moment - Dagny : (Album: Strangers /Lovers)



Intro: 3 counts. Start with weight on L foot.

NO TAGS - RESTARTS

Sec. 1: R step diagonal, Point L, L sidestep, Point R, R sidestep, L Cross, R sidestep, L Kick

1 - 2 Step R diagonal fwd R, Point L in front of R,
3 - 4 Step Step L to L side, Point R behind L
5 - 6 Step R to R side, Cross L in front of R,
7 - 8 Step R to R side, Kick L diagonal L as you turn your body in the same direction.

Sec. 2: L sidestep, R cross, ¼ turn R, Touch R, ½ Unwind R, L Step, R ¼ Turn, L Cross

1 - 2 Step L to L side, Cross R in front of L
3 - 4 1/4 turn R stepping back on L, Touch R behind L (3:00)
5 - 6 ½ unwind R - weight ends on R, Step fwd on L (9:00)
7 - 8 ¼ turn R stepping R to R side, Cross L in front of R (12:00)

Sec. 3: R sidestep, Swivel both Heels R - L, R diagonal Kick, R Cross, L ¼ Turn, R shuffle

1 - 4 Step R to R side, Swivel both heels R, Swivel both heels L, Kick R diagonal R
5 - 6 Cross R behind L, ¼ turn L stepping fwd on L (9:00)
7 & 8 Step R fwd, Step L beside R, Step R fwd.

Sec. 4: 2 x Step Sweep Forward, L Rock Step, L Shuffle ½ Turn

1 - 4 Step L fwd, Sweep R from behind, Step R fwd, Sweep L from behind
5 - 6 Rock L fwd, Recover on R
7 & 8 Turn ¼ L stepping L to L side, Step R next to L, Turn ¼ L stepping L fwd (3:00)

Start again

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