

From This Moment On

COPPER KNOB
BY STEPSHEETS

拍數: 40 牆數: 4 級數: Intermediate
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音樂: From This Moment On - Shania Twain



Intro:16 count - No tag

Restarts: -

On wall 1 after 30 count

On wall 2&4 after 28 count and wall 5 after 16 count

S1: BACK WITH SWEEP-COASTER STEP-FORWARD-1/4 SIDE-TOUCH TOGETHER-FORWARD-1/4 SIDE ROCK-CROSS OVER-SIDE

1-2&3&4 Step L back and sweep R from front to back, step R back, step L together, step R forward, step L forward, 1/4 turn to left step R to side (9:00)

5-6-7&8& Touch L toe together, step L forward, 1/4 turn to left rock R to side, recover on L, cross R over L, step L to side (6:00)

S2: CROSS ROCK-WEAVE WITH SWEEP-CROSS BEHIND-1/4 FORWARD-DOUBLE FULL TURN

1-2&3&4 Rock R cross over L, recover on L, step R to side, cross L over R, step R to side, step L back and sweep R from front to back

5&6&7&8& Step R back, 1/4 turn to left step L forward, step R forward, step L forward and full turn to right, step R forward, step L forward and full turn to right, walk on R-L (3:00)

*restart here on wall 5 after 16 count (WOR)

S3: FORWARD ROCK R/L-1/4 BASIC NC R/L

1-2&3-4& Rock R forward, recover on L, step R together, rock L forward, recover on R, step L together

5-6&7-8& 1/4 turn to left step R to side, cross L slightly behind R, cross R over L, step L to side, cross R slightly behind L, cross L over R (12:00)

S4: FORWARD-FORWARD ROCK-BACK WITH SWEEP L/R-SAILOR STEP-SAILOR COASTER

1-2&3-4 Step R forward, rock L forward, recover on R, step L back and sweep R from front to back, step R back and sweep L from front to back

*restart here on wall 2&4

5&6 Step L back, rock R to side, recover on L

*restart here on wall 1 after 30 count and add "&" (Step R in place)

7&8 sweep R from front to back and 1/4 turn to right step R back, step L together, step R forward (3:00)

S5: PRISSY WALK- SIDE TOUCH AND CLOSE L/R- FULL TURN- STEP FOWARD

1-2,3&4 Cross L over R,cross R over L, side touch L(3), together(&),side touch R (4)

5,6,7,8 cross R to L(5) and full turn to the left (6,7) (WOL), step foward R (8) (3:00)