

A Moment Like This

COPPERKNOB
BY STEPHENETS

拍數: 40 牆數: 2 級數: Intermediate NC
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音樂: A Moment Like This - Leona Lewis



Intro: 16 Counts

Restart :

Wall 2 (Session 5 after count of 6&, facing 12.00)

Wall 5 (Session 4 after count of 1-2, then turning ¼ to left facing 12.00 to start the Wall 6)

Wall 6 (Session 4 after count of 8&, facing 12.00)

Bridge : 4 counts

Wall 7, when entering the session 4

Session 1 - FWD LUNGE-RECOVER-TOGETHER-BACK SWEEP, BEHIND- ¼ LEFT FWD- ¼ LEFT BASIC NC, ¾ RIGHT SPIRAL, CHAINE TURN WITH SWEEP

- 1-2&3 Step R forward while bending knee, Recover on L, Step R next to L, Step L back while sweeping R to back
- 4&5 Step R close behind L, Turn ¼ to left & step L forward (9.00), Turn ¼ to left & step R to right side (6.00)
- 6&7 Step L close behind R, Cross R over L, Spiral turn ¾ to right (3.00)
- 8&1 Step R forward, Turn ½ to right & step L next to R (9.00), Turn ½ to right & step R forward while sweeping L to front (3.00)

Session 2 - ¼ DIAMOND FALL AWAY-STEP WITH SWEEP, UNWIND-STEP WITH SWEEP-DIAGONAL FWD-BEHIND TOUCH-BACK WITH 4TH FIGURE

- 2&3 Cross L over R, Turn 1/8 to left & step R to right side (1.30), Step L back
- 4&5 Step R back, Turn 1/8 to left & step L to left side (6.00), Step R forward while sweeping L to front
- 6-7 Cross L over R while fully turning to right, Step R forward while sweeping L to front.
- 8&1 Step L diagonal forward (1.30), Touch R behind L, Squaring back to 12.00 & step R back while hitching L into 4th position

Session 3 - STEP DOWN WITH SWEEP-BACK WITH SWEEP-COASTER STEP, STEP- ¼ LEFT RECOVER-CROSS, ¼ RIGHT BACK- ¼ RIGHT SIDE STEP-CROSS

- 2-3 Step L down while sweeping R to back, Step R back while sweeping L to back
- 4&5 Step L back, Step R next to L, Step L forward
- 6&7 Step R forward, Turn ¼ to left & step L in place (9.00), Cross R over L
- 8& Turn ¼ to right & step L back (12.00), Turn ¼ to right & step R to right side (3.00)

BRIDGE (4 Counts) :

- 1-4 Cross L over R, hold (3 counts)

Hand styling : Rising left hand upward over head or free style

On the count of 1 in session 4 the L already crossed over R, just hold on a second then move into the count of 2 and the rest.

Session 4 - RECOVER-SYNCOPATED WEAVE, RECOVER-SIDE-CROSS, RECOVER- ¼ LEFT STEP FWD

- 1-2&3&4&5 Cross L over R, Recover onto R, Step L to left side, Cross R over L, Step L to left side, Step R close behind L, Step L to left side, Cross R over L,
- 6&7 Recover onto L, Step R to right side, Cross L over R
- 8& Recover onto R, Turn ¼ to left & Step L forward (12.00)

Session 5 - PIVOT ½ LEFT, PRISSY WALK (x2), ROCKING CHAIR, RUN (R, L, R, L)

1-4 Step R forward, Turn ½ to left & step L in place (6.00), Hitch & cross R over L, Hitch & cross L over R
5&6& Step R forward, Recover onto L, Step R back, Recover onto L
7&8& Small step forward (R, L, R, L)

Happy dancing - Dancing from the heart

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