

A Moment in Life (Yi Sheng Yi Shun)

COPPER KNOB
BY STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Vitri Sudjati (INA) - November 2024
音樂: Yi Sheng Yi Shun (一生一瞬) - Zhou Shen (周深)



Step Sheet : Ratna Sie

Restart in wall 6 after 8 count

Sec.1. ½ L SWEET , BEHIND SIDE TOGETHER , BASIC NC LR, DRAG R

1-2& Turn ½ L stepping back on R sweeping L out to L side (1) 6.00, step R to L side (2), together (&)
3-4& LF step to side (3), RF slightly close behind LF(4) cross LF over RF (&)
5-6& RF step to side (5) , LF slightly close behind RF (6), cross RF over LF (&)
7-8 Slide LF (7) and drag RF to touch . Side of left foot (8)

Sec.2 ½ UNWIND , SWAY 2x

1-2-3-4 Cross right foot, behind Left, Unwind ½ Left (weight on Left)
5-6-7-8 Step R to R side as you sway hips to R, recover weight on to L as you sway hips to L (2x).

Sec.3 NC RL SWEET, WEAVE , SWEEP , COASTER STEP.

1-2& Step RF to right (1), close L slightly behind RF (2), cross RF over LF (&)
3-4& RF step to side (3), LF slightly close behind RF (4), cross RF over LF (&)
5-6& Step RF forward sweep LF from back to front (5), step LF cross over RF (6) , Step RF to right side(&)
7-8& Step LF back sweep RF from front to back (7), Step RF behind LF (8) , Step LF to left side (&).

Sec.4 FRD, ½ R PIVOT . FORWARD. ¼ TURN L , SWAY RL

1-2& Step RF forward (1), Step LF forward (2) turn ½ R, Step R step on RF (&)
3-4& Step LF forward (3) , Step RF forward (4) , Turn ½ L step on LF (&)
5-6 Rock R forward (5), Recover L (6)
7-8 Make ¼ Step RF to R swaying to R (7) sway to L(8)