

Kelly's Moment

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Gary Lafferty (UK)
音樂: A Moment Like This (New Mix) - Kelly Clarkson



STEP FORWARD ; ROCK, RECOVER, ½ TURN ; ½ TURN

- 1 Step forward on right foot
2&3 Rock forward on left foot, recover weight back onto right foot, turn ½ left stepping forward onto left foot
4 Turn another ½ left stepping back onto right foot

LEFT COASTER-CROSS ; RIGHT SIDE-ROCK & CROSS

- 5&6 Step back on left foot, step on right foot beside left, cross-step left foot over right
7&8 Rock to right on right foot, recover weight onto left foot, cross-step right foot over left

FULL ROLLING TURN TRAVELING LEFT TURNING RIGHT ; ROCK BEHIND, RECOVER, ¼ RIGHT

- 1 Turn ¼ right, stepping back onto left foot
& Turn ½ right, stepping forward onto right foot
2 Turn ¼ right, stepping to left on left foot

This is a full rolling turn traveling to the left, but turning over your right shoulder to begin with

- 3&4 Rock right foot behind left, recover weight onto left foot, turn ¼ right stepping forward onto right foot

STEP-LOCK-STEP, ½ TURN, ½ TURN ; STEP FORWARD

- 5&6 Step forward on left foot, lock-step right foot behind left, step forward on left foot
&7 Turn ½ left, stepping back onto right foot ; turn ¼ left stepping forward onto left foot
8 Step forward on right foot

STEP - ½ TURN - STEP ; WALK RIGHT THEN LEFT

- 1&2 Step forward on left foot, pivot ½ turn to right, step forward on left foot
3-4 Step forward on right foot, step forward on left foot (add a sweeping motion to these steps for styling)

ROCK FORWARD, RECOVER, STEP BACK, TOGETHER, CROSS-SHUFFLE

- 5&6 Rock forward on right foot, recover weight onto left foot, step back on right foot
& Step on left foot beside right
7&8 Cross-step right foot over left, step to left on left foot, cross-step right foot over left

Think of this as a right mambo-rock forward which turns into a coaster-cross & then into a cross-shuffle

SIDE-ROCK, RECOVER ; BEHIND-SIDE-CROSS, ¼ TURN, ¼ TURN

- 1-2 Rock to left on left foot, recover weight onto right foot
3&4 Cross-step left foot behind right, step to right on right foot, cross-step left foot over right
&5 Turn ¼ left, stepping back onto right foot ; turn ¼ left stepping to left on left foot

CROSS-ROCK, RECOVER, ¼ TURN ; STEP FORWARD

- 6&7 Cross-rock right foot over left, recover weight back onto left foot, turn ¼ right stepping forward onto right foot
8 Step forward on left foot

REPEAT

TAG

End of wall 1: add the full 8-count tag

End of wall 2: add only the first 4 counts of the tag

End of wall 3: add the full 8-count tag

End of wall 4: no tag

End of wall 5: add only the first 2 counts of the tag

ROCK FORWARD, RECOVER (WITH HOOK), WALK, WALK ; RIGHT MAMBO FORWARD, LEFT ANCHOR STEP

1-2 Rock forward on right, recover weight onto left (hooking right foot across left ankle)

3-4 Step forward on right foot, step forward on left foot

5&6 Rock forward on right foot, recover weight back onto left foot, step back on right foot

7&8 Rock back on left foot, recover weight onto right foot, rock back on left foot
