

A Moment

拍數: 48 牆數: 2 級數: Improver
編舞者: Roland (Gutz) Gutzwiller (CH)
音樂: A Moment Isn't Very Long - Willie Nelson



LEFT KICKBALL CHANGES, ROCK LEFT, 2X

1&2 Kick forward left, step down on ball of left, change weight to right
3-4 Rock step on left to the left, recover on right
5&6 Kick forward left, step down on ball of left, change weight to right
7-8 Rock step on left to the left, recover on right

SHUFFLE LEFT, AND CROSS ROCK RIGHT

9&10 Step side left, bring right next to left, step side left
11-12 Cross rock right over left, rock back on left

SHUFFLE RIGHT, AND CROSS ROCK LEFT

13&14 Step side right, bring left next to right, step side right
15-16 Cross rock left over right, rock back on right

LEFT TOE POINT, HOLD, CROSS SHUFFLE ON LEFT TO THE RIGHT

17-18 Point left toe to the left side, hold
19&20 Cross left in front of right, bring right next to left, cross left in front of right

RIGHT TOE POINT, ¼ TURN, SHUFFLE ON RIGHT WITH ¼ TURN

21-22 Point right toe to the right side, pivot ¼ turn left
23&24 While pivoting ¼ turn left and step right to the right side, bring left next to right, step right to the right side

LEFT HEEL TOUCH FORWARD, LEFT TOE TOUCH, LEFT COASTER STEP

25-26 Touch left heel forward, touch left toe next to right
27&28 Step left back, step right beside left, step left forward

RIGHT TOE POINT RIGHT, FORWARD, RIGHT COASTER STEP

29-30 Point right toe to the right side, forward
31&32 Step right back, step left beside left, step right forward

LEFT TOE POINT LEFT, FORWARD, LEFT COASTER STEP

33-34 Point left toe to the left side, forward,
35&36 Step left back, step right beside left, step left forward

RIGHT KICKBALL CHANGE ¼ TURN RIGHT

37&38 Kick forward right, step down on ball of right, change weight to left
39-40 Step on right heel and pivot ¼ right, step left together

RIGHT KICKBALL CHANGE ¼ TURN RIGHT

41&42 Kick forward right, step down on ball of right, change weight to left
43-44 Step on right heel and pivot ¼ right, step left together

RIGHT CROSS ROCK FORWARD, RECOVER, ½ TURN, RIGHT SHUFFLE

45-46 Cross rock right over left, rock back on left
47&48 Right shuffle forward with ½ turn right

REPEAT
