

# A Moment

COPPER KNOB  
STEPPERS

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

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